

THE Messenger

Lakes, Bay & Region · February 3 2018

FREE WEEKLY also available online



PACKING A
HEALTHY
SCHOOL
LUNCH



**LAURIE
STIBBE**
**AUSTRALIA
DAY HONOURS
FOR TIRELESS
CREATIVE**

WIN: TWO \$1200 WORTH OF COMPETITIONS PRIZES INSIDE

A NIGHT CAMERON SMITH AND JOHNATHAN THURSTON TICKETS

THE MANGANIYAR SEDUCTION AT QPAC TICKETS

ONE OF THE MOST ORIGINAL AND MESMERISING LIVE PERFORMANCES ON EARTH

LEONIE ON: MAKING FRIENDS AT UNI

Harvey Norman

UNLOCK THE BED



**WIN \$2000
UP TO***
IN HARVEY NORMAN GIFT VOUCHERS*

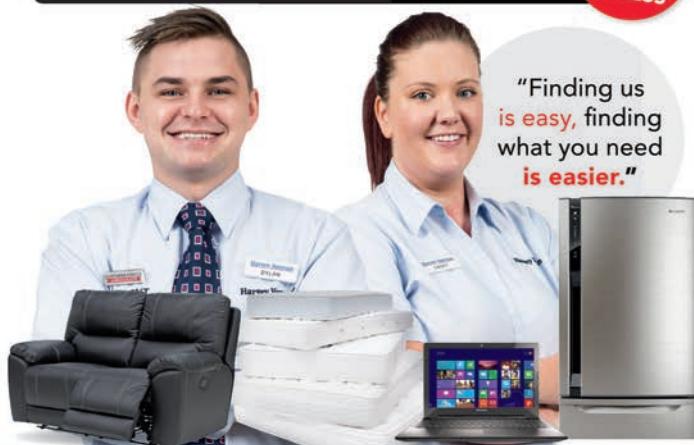
Posturepedic®

*Terms and Conditions apply. Offer ends Saturday, March 17 2018. See in store for full details.

**BRISBANE NORTHSIDE'S
BEST KEPT
SECRET**

Your one stop shop for
all your home needs!

FREE
PARKING,
EASY
ACCESS

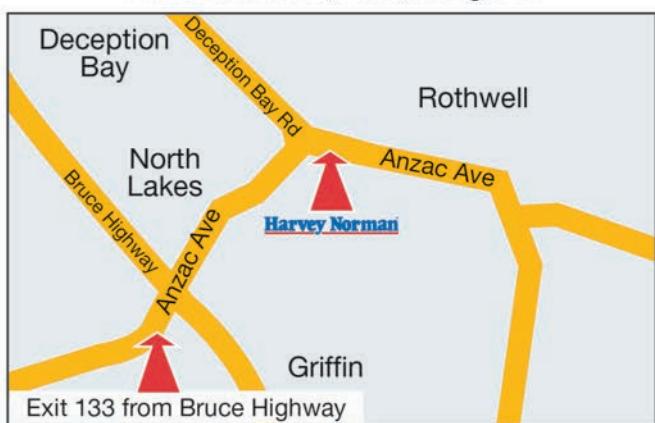


Harvey Norman®

ROTHWELL

CLOSEST STORE TO SERVICE:

Redcliffe, Rothwell, Deception Bay, Scarborough, Clontarf, Woody Point, Narangba, North Lakes, Kallangur, Griffin, Murrumba Downs, Petrie, Mango Hill

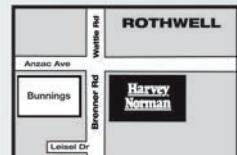


• ELECTRICAL • COMPUTERS • FURNITURE • BEDDING • FLOORING

Harvey Norman®
SHOP with CONFIDENCE

Harvey Norman® stores are operated by independent franchisees.

ROTHWELL
439-443 Anzac Avenue, 3897 8800
harveynorman.com.au



FLAG EXCITING NEW PRODUCTS

AVAILABLE AT HARVEY NORMAN ROTHWELL

\$9896

LG (65") 165cm 4K Ultra High Definition[#] Signature Smart OLED Wallpaper Television with 4.2-Channel Dolby Atmos[®] Soundbar. OLED65W7T

**LG SIGNATURE
OLED TV**



HUGE RANGE OF FRIDGES INSTORE



\$5388

Samsung Family Hub 2.0 634L Flat French-Door Fridge.
H177.7 x W90.8 x D74.2cm. SRF630BFH2



SAMSUNG

\$2748

Samsung 'The Frame' (55") 139cm Ultra High Definition[#] Smart LED LCD Television.

UA55LS003AWXXY



SAMSUNG
THE FRAME
4K ULTRA HD TV

ALWAYS THE LATEST TECHNOLOGY

\$3461

LG 16kg Washer/
9kg Dryer Combo
with 2.5kg MiniWasher.

With LG's TWINWash™, you can put that small, urgent load on whenever it comes up, or wash those delicates at the same time as your main laundry load. WELS 4 stars, 164L/wash on Cotton 40°C programme. TWIN171216T



Harvey Norman®
SHOP with CONFIDENCE

ROTHWELL

439-443 ANZAC AVENUE,
CALL 3897 8800 OR VISIT HARVEYNORMAN.COM.AU

Harvey Norman[®] stores are operated by independent franchisees. Ends 28/01/18.
#Ultra High Definition not broadcast on Free-To-Air or Pay TV in Australia.

THE Messenger

Now in its twelfth year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.

ABN 129 5493 7979.

ADVERTISING

For all advertising rates, specifications, templates conditions and bookings please contact our advertising department on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email: adz@northlakesmessenger.com.au

Please note:

- Business hours are week days 9am to 5 pm.
- All advertising is to be pre-paid.
- Advertising deadline is 12 midday Wednesday one week prior. Incomplete art due Tuesday midday one week prior.

Payments

Payments or accounts please call Nick on **1300 300 608** Monday to Thursday or email: accounts@northlakesmessenger.com.au

Credit Cards & Direct Deposit:

Bank of Queensland
BSB: 124185
A/C: 20169347

Cheques:

PO Box 127 North Lakes, QLD 4509

NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email reports and pictures to Editor Dan Fidler via:
editor@northlakesmessenger.com.au

DISTRIBUTION/DELIVERIES/REQUEST COPIES

For all distribution enquiries and requests please contact our Distribution Manager, Ali Hunt via:
distribution@northlakesmessenger.com.au

OTHER CONTACTS

For the Community Notice Board and Your Say please email: community@northlakesmessenger.com.au observing the requisites and disclaimers printed on their relevant pages.

DISCLAIMER

Not all opinions expressed in this publication are necessarily those of the publishers. No responsibility is taken by the Messenger for any errors, misleading information or the validity of the advertising content. The articles, information and anecdotes are not necessarily the original work of the editor or writers.

INDEMNITY

By advertising or submitting with the Messenger you agree to indemnify the publication, its staff and owners, against any claims.

The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.



*Don't Settle
for Anything Less*

Conveyancing | Wills & Estates | No Win - No Fee

NORTH LAKES

Unit 3, Evergreen Lifestyle Centre
14-18 Discovery Drive
North Lakes

Ph: 3284 5093
www.gkslaw.com.au

REDCLIFFE

Level 1, Blue Water Square
20 Anzac Avenue
Redcliffe

Pre-plan a funeral as unique as you are



Take the guess work out of making decisions
and provide peace of mind for your family,
knowing your funeral is being conducted
just as you'd like it.

(S) SOVEREIGN
Funerals

23 Discovery Drive, North Lakes
A PROUD LOCAL Ph. 3204 4287
(We are available 24 hours)

Contact us for your FREE copy of "The Guide to Pre-paid Funerals"

SovereignFunerals.com.au

A not-for-profit funeral company

Helping the world they left behind



PRIME MINISTER VISITS PACKER LEATHER

Did you know there's a world class kangaroo hide tannery at Narangba that they export high quality, high performance leather all around the world?

Packer Leather, the longtime local employer, just near Costco on Boundary Road, is a supplier for household name brands, both global and local, who prefer Packer's high quality leather for products ranging from sporting goods to safety gear. If you've ever kicked a Sherrin brand football, chances are it was made from leather refined just up the road. Packer products keep Firefighters' hands safe from heat and flames and are also found in shoes, upholstery, bags, wallets and more.

The company is a fifth-generation family business established in 1891 at Chelmside, relocating to Narangba in 1972. Lindsay Packer is the Chairman of the Board at Packer Leather, who alongside many of his family employ many locals. It's a fair-go workplace where employees are encouraged, and given the opportunity, to reach their full potential.

Among other accolades, the company won the Premier of Queensland's Exporter of the Year in 2015, and the Tom Burns Award for Excellence in Asia Pacific in 2014.

Packer's main product, kangaroo leather, is sourced (unfarmed) from all over the country, and valued for its strength and grain when compared to other leathers at the same thickness, making it ideal for products that

are required to perform specialised tasks, last, and look good doing so.

Last Tuesday, Prime Minister Malcolm Turnbull and Local federal member Luke Howarth MP visited the factory to discuss issues affecting local businesses and workers, particularly taxes electricity costs, as much a topical item for businesses as it is for consumers.

Late last year at a press conference Mr Turnbull said business tax cuts and putting downward pressure on electricity prices were high on his government's agenda.

The fifth-generation family business is a fair-go workplace where more than 100 local employees are encouraged, and given the opportunity, to reach their full potential

"Support for business in particular from us, small business tax cuts, are creating jobs and growing wages. Those tax cuts for small and medium business apply to businesses up to \$50 million per year turnover. These are overwhelmingly Australian-owned family businesses, and they employ half of the private sector workforce. So, most of them are small businesses, but collectively, it is half of the entire private sector workforce. And that is where you see the strong jobs growth," he said.

Businesses like Packer Leather employ more than 100 locals but represent a diminishing league of Australian manufacturers.

"This is why the government legislated to reduce tax rates for small and medium businesses like Packer Leather, because we know it creates jobs for people living locally," Luke Howarth MP Federal Member for Petrie said.

Also last year, the Federal Government formed a National Energy Guarantee with a goal of increasing reliability, reducing emissions and reducing costs to businesses and households - without subsidy or taxes.

"We have taken action to reduce power bills. You have already seen what has happened with gas prices, wholesale gas prices. They have come down. You have seen the action we have taken on retailers, retail prices, making sure customers get the right deals," the Prime Minister said at the time.

"These are all actions that are easing the burden on hard-working Australian families and ensuring that they have more money in their pockets - that gives them the confidence to grow and to hire."

These efforts aim to keep Queensland businesses and manufacturers like Packer Leather and others employing locals, competitive in the international marketplace and innovative.

"Packer Leather is the only tannery left in the region - I want to ensure that they are able to keep their doors open and employing locals as many other businesses have turned to overseas manufacturing to cut costs," Mr Howarth said.

Pictured top: (from left Luke Howarth MP, Marketing Director Graham Packer, Chairman of the Board Lindsay Packer and Prime Minister Malcolm Turnbull inspect kangaroo hides at the Narangba plant.



COCO★SONG

THE MOST BEAUTIFUL FRAMES
IN THE WORLD

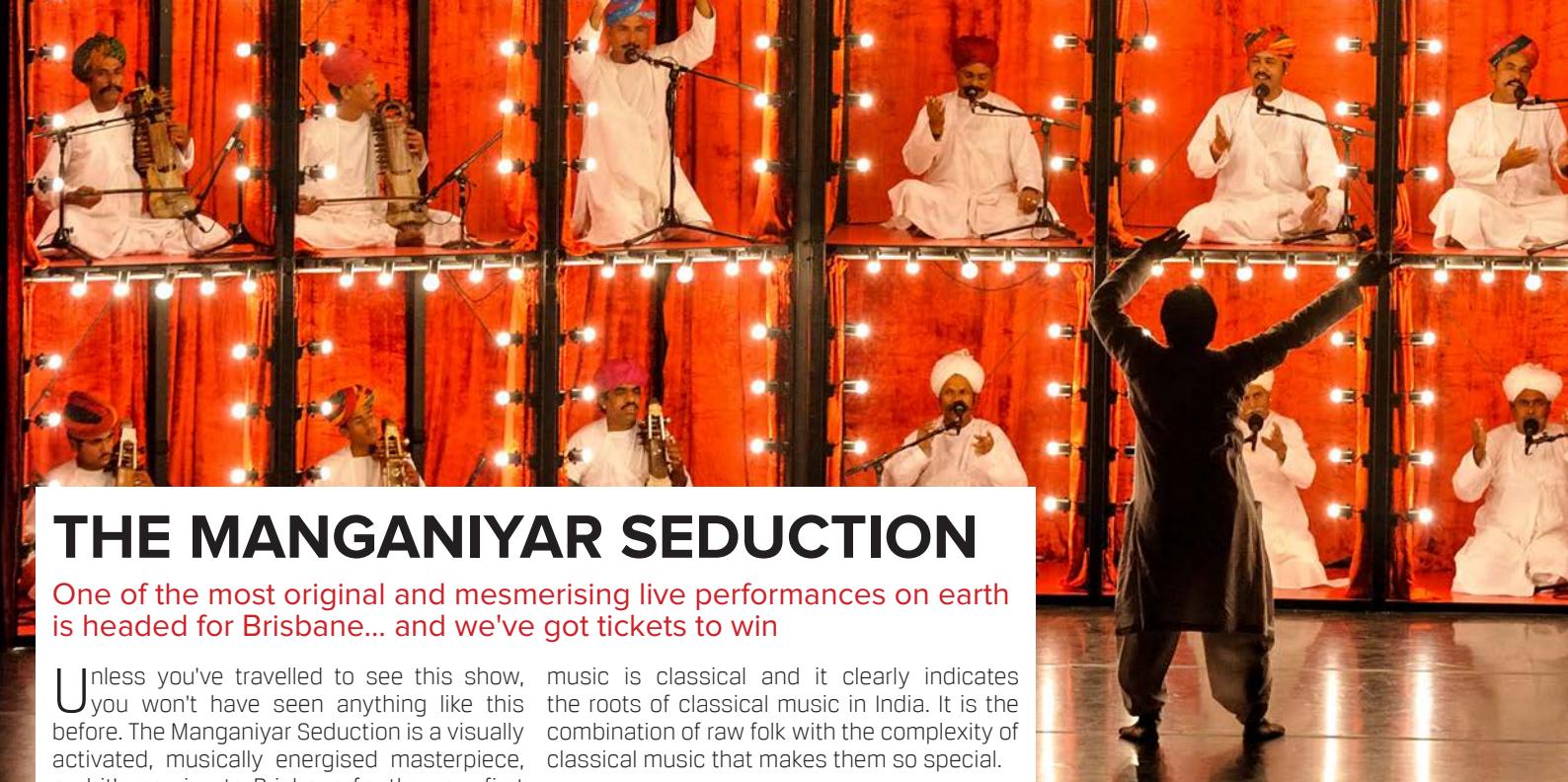


**ALL COCO SONG
30% OFF**

AVAILABLE AT EYE TO EYE OPTOMETRY

e
eye to eye
OPTOMETRY

Ph 3482 3766
www.eyetoeyeoptometry.com.au
Located at Woolworths end of Westfields North Lakes



THE MANGANIYAR SEDUCTION

One of the most original and mesmerising live performances on earth is headed for Brisbane... and we've got tickets to win

Unless you've travelled to see this show, you won't have seen anything like this before. The Manganiyar Seduction is a visually activated, musically energised masterpiece, and it's coming to Brisbane for the very first time.

*"RAPTUROUS...
JAW-DROPPING...
BUOYANT...
COMPELLING...
TRANQUIL..."*

...is how the production was described by The New York Times, adding to the chorus of superlatives attributed to the show all over the world. Now, The Manganiyar Seduction will be performed just twice at the Queensland Performing Arts Centre on March 1 and 2, 2018.

During the show, forty musicians are seated in 36 red-curtained cubicles arranged in four horizontal rows stacked on top of the other. The concert begins when a single cubicle lights up and the first singer begins his song. Soon another cubicle lights up and then another - creating a dramatic and astounding crescendo of song and music, mesmerising and transporting audiences to another world.

As the ensemble grows in number and the sound gathers momentum, the skin-pricking climax is heralded by an sumptuous light show as all the pods glow and pulsate along with the musical rhythms in an extraordinary original concept, brilliantly executed.

The Manganiyars are a caste of Muslim musicians predominantly settled in the districts of Jaisalmer, Barmer and Jodhpur, in the heart of the Thar Desert, a vast northwestern region of the Indian subcontinent. They traditionally performed for Kings, however over the years their patrons have shifted from Kings to people who could give them a meal. It was in the 1970s that ethno-musicologist, the late Komal Kothari, discovered them and gave them into contemporary performance spaces.

Their repertoire includes ballads about those kings and also Sufi poems written by various mystics. They have songs for birth, marriage, feasts and more, and even though they are classified as folk musicians, their traditional

music is classical and it clearly indicates the roots of classical music in India. It is the combination of raw folk with the complexity of classical music that makes them so special.

Director Roysten Abel has reversed the usual practice of using music for theatre, and instead, uses theatre to create magic in music. He describes what he calls, his First Seduction.

"While directing a play in Spain in 2006, I was accompanied by two Manganiyar musicians who formed part of the company. They would follow me and play music in all the places I went, most of the time overlooking the decorum of that space. I would wake up and sleep to their playing over the course of a fortnight, during which time a strange psychological event took place. Having left for Germany to direct another production, I realised that I missed the music so I would call them and ask them to sing over the phone. I was totally seduced."

"Returning to India filled with inspiration, I wanted to translate this seduction into a physical realm. For some reason, my experience made me think of a red light district, bordering on the burlesque inside my head, heart and body. I thought of windows in Indian palaces where women folk would view ceremonies or processions while unwittingly becoming the subjects of voyeurism themselves. For me, these windows came alive with musicians."

"I went to Jaisalmer and auditioned a thousand musicians, from whom I selected 45. The Manganiyars were not accustomed to rehearsals and I was attempting to translate an experience into a piece of theatre. We got into the process of understanding and trusting each other over a three-year period before arriving at The Manganiyar Seduction. But even after hearing it a thousand times, it still has the power to seduce me."

The Manganiyar Seduction will be presented twice only in Brisbane, on Thursday and Friday, March 1 and 2, 2018 at 8pm at the QPAC Concert Hall (adjoining Southbank).

Tickets start at \$99, with family priced group tickets available starting at \$249, and are available now via www.qpac.com.au or by calling 136 246.

WIN!

The Manganiyar Seduction is an incredible show and the Messenger is celebrating its arrival with two awesome prize packs.

Both prize packs, each with four A-Reserve tickets, are for the Thursday 1 March show, 8.00pm at QPAC Concert Hall. The tickets are valued at \$114 each, for a total prize pool of \$912!

To enter, email comp@northlakesmessenger.com.au with *Manganiyar* in the subject line and tell us how many cubicles are used in the show.

The two winning entries will each receive four A-Reserve ticket packs valued at \$456, so you can take friends or family along.

Get your entries in before Thursday February 26 at 5pm. Correct entries will be chosen at random, don't forget to include your contact details so we can let you know you've won.

Good luck!

Privacy: The Messenger complies with the Australian Privacy Act 1988 in safeguarding your privacy. Information submitted by you is used only for purposes of the competition. Your information is not kept on file, collated or distributed in any way.



ATLANTIS POOL SERVICES



COME AND SEE US FOR ALL
YOUR POOL & SPA NEEDS



Like us on
Atlantis Pool Shop North Lakes

**ENJOY GOOD CLEAN FUN
IN YOUR CRYSTAL CLEAR
POOL THIS SUMMER**

**UNIT 4, 14 BURKE CRES.
NORTH LAKES**

Operating Hours

Mon to Fri **8am to 5pm**

Sat **8am to 2pm** / Sun **9am to 1pm**

PH: 3491 9700

Paul 0418 712 909



At Mueller we believe

**EVERYONE IS
KNOWN
and
Valued**

Contact us today for a tour
of our campus to find out
how everyone is Known and
Valued at Mueller.



CHRISTIAN EDUCATION FROM PREP » YEAR 12
75 Morris Road, Rothwell



mueller.qld.edu.au

CALLING ALL QUEENSLANDERS

To an unmissable game of Queensland Great vs Queensland Great - A Night with Cameron Smith and JT

On February 23 there's a footy event that will make your maroon blood glow brightly, it's the clash of Queensland great against Queensland great, at a place where history is forged - it's the Cameron Smith and Johnathan Thurston Testimonial Match at Suncorp Stadium.

Players like Cameron Smith and Johnathan Thurston come along only once in a lifetime, and when they do, it's reason to gather. And gather we will when League legends Smith and Thurston will be recognised for their incredible contribution to Rugby League in a special testimonial match to be played ahead of the 2018 season.

Smith's Melbourne Storm will take on Thurston's North Queensland Cowboys at their beloved Suncorp Stadium next year. It will be the first time the teams have faced each other since the 2017 NRL Grand Final, in which Smith's Storm won 34-6 over a Cowboys side playing its second Grand Final in three years, after losing co-captain Thurston to a season-ending shoulder injury in Origin II.

It will also mark the start of Thurston's final year in the NRL. The match will provide fans with an opportunity to pay tribute to two living legends, and will also be a chance for both Smith

and Thurston to thank the fans who have supported them throughout their careers, ahead of what is set to be a memorable season for both.

Proving they're legends off the field as well, Smith and Thurston have announced three charities as official partners for the event, they are the Cowboys Community Foundation supported 'NRL Cowboys House', Ovarian Cancer Australia and Prostate Cancer Foundation. Both players' dedication to Rugby League is matched only by their commitment to giving back to the community so they are thrilled to be able to support these charities with a portion of ticket sales being donated to all three.

So, if you know what it feels like to bleed maroon, and are proud to call Queensland home, then this is the one game you must witness in 2018.

Tickets are available via Ticketek.com.au or 132849. The match will also be broadcast (exclusively) on Fox Sports or you could ...

WIN! TICKETS



The Messenger has two double passes to the Cameron Smith and Johnathan Thurston Testimonial Match at Suncorp Stadium. And we want them to go real, maroon blooded, fans.

There are two prizes to win, each with two tickets valued at \$70 for the Friday February 23 match at Suncorp Stadium, with kick off at 7pm. The total prize pool is worth \$280.

To win a night a with Cameron Smith and JT email comp@northlakesmessenger.com.au with "I bleed maroon" in the subject line, before 5pm Friday February 26, 2018. Be sure to include your contact details so we can let you know you've won.

GOOD LUCK!

Privacy: The Messenger complies with the Australian Privacy Act 1988 in safeguarding your privacy. Information submitted by you is used only for purposes of the competition. Your information is not kept on file, collated or distributed in any way.

The most outstanding funeral venue in the Moreton region

*still
family
owned*



With our light-filled chapel and refreshment lounge, appointed to overlook our beautiful gardens and surrounding National Park, it is no wonder Great Northern Garden of Remembrance is the Moreton Bay Region's most outstanding funeral venue.

The facility provides families with a peaceful, prestigious funeral setting complemented by beautiful memorial gardens and a fully-catered refreshments lounge to gather socially and reflect on a life well-lived.

When your funeral director asks which venue, make Great Northern Garden of Remembrance your answer.



**Great Northern
Garden of Remembrance**

Ph 3888 6622

www.gngor.com.au

31-35 Tallowwood Drive, Deception Bay

Summer Sensation Sale

To celebrate summer we're giving away a free Weber with every purchase of a new HAVAL H2 or HAVAL H6.



H2 FROM \$24,990* +FREE
DRIVEAWAY



H6 FROM \$29,990* +FREE
DRIVEAWAY



EX-DEMO/COMPANY VEHICLE CLEARANCE

H8 PREMIUM SUV
was \$38,990
NOW \$26,950
DRIVEAWAY



STOCK # 500005

H8 PREMIUM SUV
NOW \$30,950
DRIVEAWAY



STOCK # 500004

H8 LUXURY SUV
was \$44,990
NOW \$33,950
DRIVEAWAY



STOCK # 500002

performax
INTERNATIONAL

1 Burke Cres, North Lakes

1 800 737 367

performaxhaval.com.au

HAVAL



My Hair Looked a Mess For the Past 5 Years Not Any More ...

Shop 3/27 Discovery
Drive (the shops
overlooking Lake Eden
North Lakes

SAMANTHA JONES
HAIR CO.

I rang them and asked for a FREE style consultation and heres what happened.....

- They sat with me and listened to what I wanted
- Gave me advice on the right choices for my hair
- Showed me how to manage it when I washed it myself
- Offered me a FREE wash and blow-dry a week after my service so they could make sure I loved my new colour & style
- Gave me an all-inclusive no hidden costs price before they started my service

Call: 3880 6808

Because it's not just a hair appointment ... x

HOW MUCH SUGAR IS IN YOUR CHILD'S LUNCH BOX?

Highlighting the sugar content of popular lunch box options.

Ask any parent, it's hard work getting the kids ready for school and many of us look to convenient options to help make school mornings a little less hectic.

Many parents think they've packed their child a healthy lunch to get them through the school day, but a lot of convenient choices are high in sugar – and it all adds up. For example, a lunch that includes a box of sultanas, a flavoured yogurt and a fruit juice is delivering more than double the recommended daily amount of sugar.

The World Health Organization recommends we eat no more than 25 grams (about six teaspoons) of free sugars a day for optimum health. Free sugars are those added to food and drinks or that occur naturally in honey, syrups and fruit juices.

There are more than six teaspoons of sugar in a single serve of some products such as apricot bars, cakes and sports drinks, and some products marketed as being healthy – such as muesli bars and on-the-go breakfast products – are surprisingly high in sugar.

Consuming too much sugar is an indicator of poor dietary patterns and excessive energy intake. This is a risk factor for excess weight

gain and nutrition-related conditions, such as dental caries and Type 2 diabetes. In 2016, 26 per cent (259,000) of Queensland children were considered obese.

Limiting children's sugar intake is vital to the prevention of tooth decay, as bacteria in the mouth break down sugars found in food and drinks to create acids which then erode the tooth enamel, leading to decay.

The Australian Dental Association's Dr Sarah Raphael, a specialist paediatric dentist, says it's not just the sugar content of foods that parents need to be aware of, but how sticky

some products marketed as being healthy – such as muesli bars and on-the-go breakfast products – are surprisingly high in sugar.

foods are and how long sugary foods stay in the mouth.

"Snacks that get stuck in the grooves of the teeth for long periods and sugary drinks that are continually sipped both put teeth at high risk of decay," she says. "Foods that are chewed and swallowed quickly tend to be less harmful for teeth. Even better are those foods that help to clean the mouth, such as vegetables and hard cheese."

Dr Raphael says it's important to limit the amount of time children spend snacking or drinking anything other than water so that saliva, the mouth's natural cleaner, has the chance to wash away food particles and provide minerals to keep teeth tough.

"Drinking tap water is also important because it washes sugars and acids away and often contains fluoride for extra protection against decay," she says.

Lindy Sank, Accredited Practising Dietitian said there has been a massive increase in mini snack packs being promoted as ideal for lunch boxes.

"The result is a lot of confusion for parents trying to make good choices and children often receiving many more items than is recommended for health."

"Parents sometimes pack three or four processed or packaged food items a day in their child's lunch box. " Ideally processed snack products should be limited to one item and ideally a low-sugar choice, such as popcorn, rice crackers, cheese and wholegrain crackers."

Ms Sank says parents are often misled by health messages on food packaging, with many packages highlighting the healthier components of the product. She says descriptions like "natural", "fat free", "no added sugars" and "no artificial colours or flavours" distract from other aspects of the product, such as having high free sugar and energy content, limited nutrients or being processed.



perfect your smile without losing your lifestyle

our **ethos™** your experience.

Achieve a confident smile and improved function without losing your lifestyle. Our specialist orthodontists use **clear braces, Invisalign® and Incognito®** to keep things discreet – and appointments fit in with you too. Your treatment plan is as unique as you are. At **ethos™**, it's not just about the best smile. It's the best experience.

ethosorthodontics.com.au | 07 3349 5266 | **NO REFERRAL NECESSARY**

ethosTM
orthodontics

Why choose ethos?

- Adult orthodontic specialists
- Highly skilled team
- Superior treatment options

- Flexible appointment times and payment plans
- Relaxing treatment environment
- 9 convenient locations

PACKING A HEALTHY SCHOOL LUNCH



Parents are encouraged to think about the healthy foods that can be added to lunch boxes quickly, and says most supermarkets now sell kid-size fruit for lunch boxes.

Swapping these highly-processed snack and packaged foods for more of the basics is the best way to give children the energy and nutrients their bodies and brains need to perform well at school.

Easy items to drop in a lunch bag include cherry tomatoes, snack cucumbers, baby carrots, even mini cans of baked beans, canned salmon and tuna.

Tips and inspiration for busy parents

- Include something from each of the 5 food groups: fruit, vegetables/legumes/beans, dairy, grain (cereal) foods, and lean meats/poultry/fish/eggs etc
- Limit snacks that are high in sugar and/or saturated fats e.g. chips, cakes, chocolate, donuts, biscuits
- Look for grain-based snacks with whole grains and high fibre
- Pick whole fruit over fruit juice – the vitamins, minerals and fibre make it more filling and nutritious
- Pack water as a drink

fast-forward to the smile you deserve

express orthodontic treatment with a difference

are you right for ethos lite?
download our self-diagnostic orthodontic app – FREE!
smileseekerapp.com.au

ethoslite.com.au | 07 3349 5266 | NO REFERRAL NECESSARY

If life didn't give you a great smile, **ethos™** can. And it can be quicker and simpler than you think with **ethos™** lite for less-complicated orthodontic cases. In just 6–9 months and with minimal hassle, you could be wearing your new smile. It's all the benefits of specialist orthodontics for lasting oral health plus the full ethos experience – but faster. Why wouldn't you be smiling?

ethos™ lite
express treatment for simple cases
by **ethos™** orthodontics

Why choose ethos?

- Adult orthodontic specialists
- Highly skilled team
- Superior treatment options

- Flexible appointment times and payment plans
- Relaxing treatment environment
- 9 convenient locations

ETH6050-L-MSNQ2

QAGOMA ACHIEVES RECORD TWO MILLION VISITORS IN 2017

The Queensland Art Gallery/Gallery of Modern Art (QAGOMA) has set a new record for visitor numbers in 2017 with an attendance of more than 2.17 million.

The record-breaking attendance was attributed to a stellar back to back program of the world exclusive Marvel: Creating the Cinematic Universe, and exhibitions by two of the world's most renowned living artists, Gerhard Richter and Yayoi Kusama coinciding with the celebration of GOMA's 10th birthday.

Marvel: Creating the Cinematic Universe attracted more than 269,000 visitors, itself a record for a ticketed exhibition at QAGOMA.

"QAGOMA's rich forward program is supported by the Queensland Government's reinstatement of up to \$10.8 million over four years for blockbusters and major

exhibitions," Arts Minister Leeanne Enoch said.

"The Marvel exhibition was the first show staged under this blockbuster funding, and the second will be Patricia Piccinini: Curious Affection, which will occupy the entire ground floor of GOMA from 24 March to 5 August.

"This will be the most ambitious exhibition to date of work by the world-renowned Australian artist, known for her imaginative hybrid creatures.

"QAGOMA will also stage the 9th Asia Pacific Triennial of Contemporary Art, featuring new and significant art from across the region, from 24 November 2018 to 28 April 2019."

QAGOMA Director Chris Saines said the record numbers marked a major milestone for the gallery.

"This is a new record for us, and a direct result of our strong exhibition programming, which also included the newly re-imagined Australian Collection at QAG and Sung Into Being, a beautiful exhibition of Aboriginal masterworks from the Janet Holmes à Court Collection," Mr Saines said.

"In September we unveiled our



newly reconfigured Australian art collection with a display of more than 200 historical and contemporary works, including an extensive display of Aboriginal and Torres Strait Islander works, as well as major new commissions.

"Now that Picasso: The Vollard Suite has opened at QAG, and the Me, Myselfie and I interactive space has launched at GOMA's Children's Art Centre, we are so

thrilled that all spaces in both buildings are open to the public.

"There is also still time for people to see Gerhard Richter: The Life of Images, which continues until 4 February, and to experience Yayoi Kusama: Life is the Heart of Rainbow, which is on until 11 February."

Tickets for Patricia Piccinini: Curious Affection are on sale now through qagoma.qld.gov.au

5 STAR PRESSURE WASHING

0429 374 261

#5starpressurewashing

email: mitch.5star.pressurewashing@gmail.com

GOODBYE RENT, HELLO HOME SWEET HOME



 IT'S POSSIBLE TO
LOVE A BANK 
NORTH LAKES

Owner-Manager **Jeff Walls**
 ☎ 0419 642 906 | 3491 9311
 @ jeff.walls@boq.com.au
 🌐 facebook.com/boqnorthlakes

* Owner-occupied lending only. Requires Mortgage Insurance (i.e loan underwriting) if the amount borrowed is more than 80% of the valuation of the security property. Bank of Queensland Limited ABN 32 009 656 740 (BOQ) Australian Credit Licence Number 244616. Terms and conditions available at any BOQ branch. Fees and charges apply. BOQ's standard credit assessment criteria apply. Information current at 24/01/2018.



NEW & USED BIKES • ALL MAKES AND MODELS SERVICED
 LOAN BIKES AND SCOOTERS • GOLF CARS • GENERATORS



(07) 3482 3236

34 FLINDERS PDE, NORTH LAKES Q. 4509

 NORTHSTARYAMAHA.COM.AU

 SALES@NORTHSTARYAMAHA.COM.AU

 KEEP UP TO DATE AND FOLLOW US



"REMOVE THE TRAINING WHEELS AND LET THEM RIDE"

BUILDING RESILIENCE IN CHILDREN

DR ANITA GREEN - BRISBANE NORTH PHN

As a parent or carer, you've no doubt heard the word 'resilience' mentioned at one time or another. But what is resilience and why is it so important for children to be more resilient?

Resilience is about a person's ability to cope with and 'bounce back' from various stressful life situations, both big and small. Being resilient allows us to adapt and move on from stressful situations or crises, without ongoing difficulties.

You may have noticed amongst your own circle of friends and family that some people seem to naturally deal better with stress than others. According to Elizabeth Scott, a psychologist and counsellor specialising in family therapy and education, "emotional and physical resilience is, to a degree, something you're born with."

"Some people, by nature, are less upset by changes and surprises—this can be observed

in infancy and tends to be stable throughout one's lifetime. Emotional resilience is also related to some factors that aren't under your control, such as age, gender, and exposure to trauma," says Ms Scott.

However, Ms Scott believes that emotional resilience is a trait that can be developed with a bit of effort. But what is the best way to achieve this with children?

While the word 'resilience' certainly isn't new to people who work with children and families, there are a wide range of views on what it actually means and what it looks like in day-to-day life.

In order to develop an agreed definition of resilience and how best to promote it to children aged 12 years and under, beyondblue commissioned the Children's Resilience Research Project.

Undertaken by the Parenting Research Centre and Australian Research Alliance for Children and Youth, the research was published in 2017 and revealed a number of key areas which help to build resilience in young children.

These include helping children to build supportive relationships, provide opportunities to develop their sense of independence and confidence and teaching them healthy and positive ways to manage and respond to emotions.

By allowing children to experience failure, exposing them to safe challenges and encouraging them to talk about their feelings, they are better equipped to deal with challenges now and into the future—possibly preventing mental health conditions later in life.

In an interview with the Herald Sun, beyondblue CEO Georgie Harman said that parents who wrap their children in "too much cotton wool" aren't allowing them to learn from valuable experiences that can help to build resilience.

"Parents need to provide their kids safe, healthy challenges ... remove the training wheels and let them ride," she said.

"Let them lose at a board game so they can learn how to lose."

"When they fall, let them pick themselves up. And teach them how to think positively," Ms Harman said.

As a result of this research, beyondblue has developed online resources for parents and carers on their Healthy Families website.

To support people working with children and families as well as raise community awareness about resilience it more broadly, beyondblue have also released their Building resilience in children aged 0–12: A practice guide.

To access these resources, please visit www.beyondblue.org.au.

ABOUT DR ANITA

Dr Anita Green is the Board Chair of Brisbane North PHN and has over 30 years' experience as a general practitioner. She has a long-term commitment to the education of medical and allied health professionals and is involved in teaching and research for the University of Queensland. Dr Anita has also been appointed as the Chief Medical Officer for the 2018 Commonwealth Games on the Gold Coast.



Accepting New Patients

INCLUDING WORKCOVER, EPC & DEPT OF VETERAN AFFAIRS

FREE CUSTOMER PARKING

PERSONALISED CHIROPRACTIC TREATMENTS

PROUDLY A MEDIBANK PRIVATE MEMBERS CHOICE PREFERRED PROVIDER

OPEN TIL 7PM ON CHOSEN NIGHTS



DR CADE SUTHERLAND

(Owner & Chiropractor)

13 years' experience

2004 Chiropractic Association of
Australia National Graduate of the Year

\$80

INITIAL CONSULTATION

Includes:

- ✓ Complete Chiropractic Assessment
- ✓ Digital Postural Examination
- ✓ First Treatment

medibank
members' choice

OPEN UNTIL 7PM ON CHOSEN NIGHTS

P: 3482 4461

3B/12 NORTH LAKES DRIVE (Opposite Westfield North Lakes)



North Lakes Chiropractic
Complete expression of life

YOUR NEW OBSESSION

Glamorous. Intense. Inspirational.

Because life's too short
for ordinary workouts.

studio pilates
international

Studio Pilates North Lakes

27 Discovery Drive, North Lakes | P 3204 5222



*Offer valid until 28 February 2018 for new clients only. Classes to be taken within two weeks of first class.

SPECIAL INTRODUCTORY OFFER 6 CLASSES FOR \$60 + FREE ORIENTATION*

KICKSTART YOUR SMALL BUSINESS

Another 298 small businesses will share in more than \$1 million in funding to support new Queensland small businesses.

Minister for Employment and Small Business Shannon Fentiman last Thursday announced the successful applicants will receive assistance to access professional advice and support in the critical early stages of establishing a business.

"Grant recipient, Molten Store is a leading example of the Palaszczuk Government supporting small businesses to grow, especially in the early stages," Ms Fentiman said.

"Brisbane local Jessy Cameron took her jewellery business from popup stalls to a permanent store in the heart of fashionable James Street in Fortitude Valley.

"Jessy has followed her childhood passions for collecting treasures and crafting jewelry for herself and friends and turned this into a growing and vibrant small business.

"Shying away from mimicking the fast fashion trend, Molten Store is focused on 'unique boutique' creations."

"Since starting out online, the popularity for Jessy's beautiful accessories have taken off and it's fantastic that the demand for her products drove her business to be able to open a store in the heart of shopping precinct James Street in Fortitude Valley."

"With the help of a previous Small Business Digital Grant last year, Jessy has not only redeveloped her online store but also enhanced her instore business.

"Since then Molten Store has gone from strength to strength and she has been able to grow her business and employ more Queenslanders."

Ms Cameron thanked the Government for the support of small businesses in Queensland and said the grant funding would go a long way to making her business sustainable.

"Because of the Digital Grant, I've seen sales increase and I'm now inspired to harness this growth and plan for the future," Ms Cameron said.

"The Entrepreneur Grant means I



Jessy Cameron and Shannon Fentiman at Molten store last week

can access high-level accounting expertise and undertake an in-depth analysis of what I need to keep growing in stride with our grand ambitions.

"This grant has empowered me to plan for sustainable financial growth. The future is an exciting place."

"Small businesses and passionate people like Jessy, are the engine room of our diverse Queensland economy and supporting them to get off to the best possible start leads to more local jobs," Ms Fentiman said.

"These grants will provide

professional advice to help our new small business owners to be successful and reach their goals.

"More than 97% of Queensland business are small businesses so it is vital that we continue to recognise the valuable contribution they make to our communities across the state.

"The funding of up to \$5,000 will give small businesses a head start to a stronger future."

Another round of grants will open this year, visit www.business.qld.gov.au/entrepreneur for more information.

Robyn Hampton Family Lawyer

STRONG, COMPASSIONATE
GUIDANCE FOR FAMILY LAW
MATTERS AND MORE!!

Call our friendly staff to arrange an initial consultation.

P 07 3204 4388

1467 Anzac Avenue, Kallangur Qld 4503



Family Law Wills and Estates Conveyancing Criminal Law

F 07 3204 4485

E reception@heffordlawyers.com.au

W www.heffordlawyers.com.au

 HEFFORD
LAWYERS

Cruise and CASH

Win a share of
UP TO \$50,000!
in Cruise & Cash Prizes

Major Draw Thurs 8th Mar
UP TO \$16,000
in Cruise & Cash Prizes

Weekly Draws from 6.30pm

THURS 1ST FEB | THURS 8TH FEB | THURS 15TH FEB | THURS 22ND FEB | THURS 1ST MAR

UP TO \$7,200 IN CASH & CRUISE PRIZES TO BE WON EACH DRAW DAY!

NORTH LAKES
SPORTS CLUB

42 Flinders Parade, North Lakes PHONE > 1300 006 572 www.northlakessports.com.au

AMITY
NARANGBA

Architecturally designed house & land packages from \$398,000

AMITYNARANGBA.COM.AU

POINT CORP

1800 956 957
DISPLAY SUITE OPEN 7 DAYS

DAHUA GROUP



MAKING FRIENDS AT UNI IS TOUGH



Hi Leonie,

I'm a 24-year-old university student and what I find sooooo hard is making friends and talking to others without coming off as a fool or a try hard.

I really embarrassed myself at a seminar last week because I tried to talk about myself and my goals as my parents suggested but people literally just walked away.

I really want to have the kind of Uni experience I dreamed of with lots of friends and socialising and new experiences. I was awkward and a bit of a loner at school and I still have no idea why. I don't look particularly different to everyone else or dress funny or do drugs or drink or anything that may cause people to dodge me.

I've got five long years of university ahead of me and I don't want to go through it alone like I have done all my school life. Please help me find out what I am doing wrong and how to act to get friends.

Lorraine/Woody Point

Hi Lorraine,

It's so important to be authentic about who you are and to not put on some fake persona to encourage people to like you. If you act like someone else to make friends these people are not your friends because they have no idea who you really are. Its duplicitous to be a phoney and at the end of the day there is no percentage in it for you. It's exhausting to be acting all the time and you will very soon begin to feel that keeping up this act is really hard work. Don't do it to yourself.

So, my strongest advice is to always be yourself. Don't try to be any version of who you imaging might fit into a certain group. Life will teach you that not everyone will like you, but you will get your fair share of people who do. Now learning some good communication skills does not mean that you are being a phoney baloney because all the communication skills that you learn as you go through life naturally become a part of who you are, and they give you the tools to be a good friend and be true to yourself. With this in mind, here are a few tips you may like to take on board.

Take the focus off yourself.

Don't come off as a narcissist who is only interested in pumping themselves up or who instead of listening to others is only really thinking only about what they want to say next. Ask about others by using questions that encourage people to talk. This type of question is called Open Ended. For instance, "What are your plans when you finish uni?" and "What are your thoughts about taking a gap year?"

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner at [North Lakes Counselling Services](#)

For appointments please phone 3886 2715 or 0423 653 841
www.northlakescounsellingservices.com.au

Catch Leonie's radio show alternate Mondays at 11.00am on 99.7 Bridge FM

Don't engage in any social media when socialising. No facebook, no Instagram and no tweeting. It's the height of rudeness - if you're not a brain surgeon who is on call you can put your phone away to socialise. If you engage with devices when socialising with others, what you are really saying to that other person is that they are not enough company for you and you also need to be messaging, tweeting and photographing where you are and what you are eating and drinking to see what others think.

Be alert and engage with what people are saying. Actively listen with your whole body. Use strong attending skills such as leaning forward, showing interest and paraphrasing back to the person to clear up any confusion.

Just as in teaching you must consider who you are talking to. With this in mind, don't talk down to others who are clearly from a different educational or emotional level or big note about your achievements. Instead, always try to find common ground where everyone can join in.

Don't offend people with topics that may cause embarrassment or strong emotions. For example, don't talk about your belief in the right to die because you don't know what others are feeling about this and they could actually have/had a family member who is struggling with severe health issues.

I hope you have found some help here.

Till next week, Leonie

ABOUT LEONIE

Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.





BOMBSHELL BURLESQUE

Valentines Vamp

A NIGHT OF GLAMOUR,
GLITTER AND GIGGLES.

SATURDAY 10 FEBRUARY 2018

DOORS OPEN 7PM
SHOW STARTS 7:30PM • 18+ EVENT

\$69 DINNER & SHOW

\$79 VIP FRONT ROW



BOOK NOW

99 MARINE PARADE REDCLIFFE P 3284 6520
WWW.MONKOMOHOTEL.COM.AU | FACEBOOK.COM/MKHOTEL


MON KOMO HOTEL

2017 CLEARANCE EVENT

LIMITED TIME ONLY

2 left



Santa Fe AWD CRDi Active
from \$40,990 drive away

17" Alloy wheels
4.3" Touchscreen Multimedia System
Rear View Camera

2 left



Santa Fe AWD CRDi Elite
from \$44,990 drive away

18" Alloy Wheels
7" Touchscreen Multimedia System
Leather Appointed Seats
Tow Bar

3 left



Santa Fe AWD CRDi Highlander
from \$51,990 drive away

19" Alloy Wheels
Panorama Glass Roof
HID Xenon Headlamps
Tow Bar

Lakes  HYUNDAI
North Lakes

GrandPrix  HYUNDAI
Caboolture

(07) 3490 1111 • lakeshyundai.com.au
1 Stapylton St, North Lakes, QLD 4509

(07) 5327 2100 • grandprixhyundai.com.au
89 Lear Jet Drive, Caboolture, QLD 4510

POLITICS AT THE PUB

Luke, Malcolm, schooners and banter at the Pheonix Bar

Okay, we know this is an edition already heavy with politicians. Regular readers will know that the Messenger is usually a bit broader than that, but Politics at the Pub with Luke Howarth and the PM was too interesting an invitation to pass up - not least due to this event eschewing the great Aussie convention of avoiding talk of politics at the pub.

As you read in the page 6 article of this edition, the Prime Minister has been in town and last Monday night he joined Federal Member for Petrie Luke Howarth for a lively Q&A on contemporary issues affecting locals and the nation in general.

Guests were invited from all over the Petrie electorate to the Phoenix Bar at the Bracken Ridge Tavern. Growing up, the Bracken Ridge Tavern was Luke's local watering hole. The venue itself remains independently owned.

It was an interesting evening, in casual attire and with a beer in hand, Mr Turnbull and

Mr Howarth fielded unscripted questions from the audience on a great range of topics. Questions were raised and answered on topics ranging from inspiring innovation and that keeping that innovative talent in Australia and productive in the digital age, to issues of equality, GST exemptions and even nuclear submarines.

It was an entirely civil occasion, hard questions were asked and straightforward answers were given to the room, often with humour.

Perhaps Prime Minister Malcolm Turnbull summed it up best when he said "I'm not here to give a rip-roaring partisan speech, I'll just give you the truth."

It was an enlightening approach to politics that found everyone in the room in an open and casual mood, with real communication between the punters and the pollies. If you get a chance to attend any pub politics sessions, we encourage it.



point of sale



wall graphics



one-way vision



laser cutting



billboards



graphic design

CALL US NOW!

1300 300 608

www.adsignz.com.au

advanced adsignz

Specialising In Large Format Digital Printing



The PM's beer of choice on the night was Iron Jack, in case you're wondering. Shared here with Publican Michael White



Coffee with Luke

3 February 2018

8am-8.45am, The Coffee Club Café
171 Redcliffe Parade, **Redcliffe**

9.30am-10.15am, Ahoy Coffee
2113 Gympie Rd, **Bald Hills**

11.15am-12noon, The Coffee Club Café
Anzac Ave & Halpine Dr, **Mango Hill**



LUKE HOWARTH MP
Federal Member for **Petrie**

40 Hornibrook Esplanade, Clontarf QLD 4019
3284 8008 Luke.Howarth.MP@aph.gov.au
LukeHowarth.com.au [LukeHowarthMP](https://www.facebook.com/LukeHowarthMP)

Authorised by Luke Howarth MP, 40 Hornibrook Esp, Clontarf QLD 4019.



LOCAL LARRIKIN MAKES MESSENGER COVER

Or:

Laurie Stibbe recognised for tireless creativity and community contribution at Australia Day Awards, 2018

For this edition, we had the option to put either the Australian Prime Minister Malcolm Turnbull or Laurie Stibbe on the cover. We chose Laurie.

When the PM visits (see page 6 and page 22) it's pretty big news but like many others in the community, we think Laurie being recognised for his tireless creativity is big news too.

Our resident crossword creator, octogenarian Laurie Stibbe, was honoured on Australia Day by Peter Dutton MP for his creative talent, having recently hit a major milestone and a creative game-changer right here in the Messenger pages.

Late in 2017, we published Laurie's 500th Messenger crossword. We publish 47 magazines a year, so, that puts Laurie's monotone ink-slinging for the Messenger at well over a decade. In fact, Laurie has been supplying us with crosswords and funny emails longer than any of our current (long serving) staff have been working here.

Not content with just being a prolific word wrangler, Laurie is also inventive. The week after his 500th blacky and whitey (as Laurie sometimes calls them), we celebrated by publishing his breakthrough invention, the Quadword (Messenger, December 23, 2017). Smarty-pants has Laurie invented an intriguing, colour coded crossword that's played three dimensionally, although as the medium dictates, is flat. This ingenious approach to crosswords is the first of its kind anywhere, ever.

These achievements weren't lost on Federal Member for Dickson, The Honourable Peter Dutton MP (also on our cover) who bestowed Laurie with the Dickson Community Service Award at the Samford Community Centre last Friday. The awards recognise local heroes and community groups for their service within our community and are presented on Australia Day each year.

"Dedicated family man and community minded contributor, this man is one of the great creative talents of our local area," is how Mr Dutton introduced Laurie at the awards.

"In December last year, this awardee had his 500th crossword published in the Messenger. It is an amazing achievement and this worthy awardee has personally created every crossword they've put on paper since 2006. He's done it on a voluntary basis and his contribution to our local area, I think, is truly unique," Mr Dutton said before the uproarious applause rendered the rest of our recording inaudible, such was the cheer for Laurie.

this man is one of the great creative talents of our local area

Lifelong local Laurie was born in 1928 at Caboolture, travelled all over the country living a life most of us can only romanticise, before returning to settle in Kallangur where he's remained for the past 45 years.

Laurie's primary education lasted only until end of fifth grade because of World War 2. In the late 1930s his family moved to Moura (country Queensland) to grow cotton for the war effort.

After returning to Brisbane in 1943 he and his family lived temporarily at Cribb Island, from where he rode a pushbike every day to Fortitude Valley Post Office. It was his first job and he earned one pound, five shillings a week as a Telegram Boy.

From there he went on to do many interesting things including farm work, then as a stockman on cattle stations. He drove tractors for the Queensland British Food Corporation and Blair Athol Open-cut coal mine. He even did a stint as a drover's cook.

Now he's retired and spends time with his lovely wife Desley, his kids, grandkids, and of course in front of computer screen making crosswords and cursing at Microsoft products.

He supplies his crosswords to us in a digital format, ready to be converted for press. It's a task that requires a better than average command of technology and wordsmithery. In fact, unlike many of his generation (and younger) Laurie is a certified tech geek.

He attributes his interest in all things tech to tinkering with old-timey valves in a console radio back in the 1930s and later in the forties, helping to piece together the equipment for Kentville's first radio station - Radio 4KV. Many of his occupations traversed a landscape of ever changing technology.

He even once held the record for the largest PCB ever built in Queensland with a hefty 4ft by 3ft board for a bingo computer at the Bramble Bay Bowls Club.

When the internet came along he got more involved than most.

"I made my own modem back in 1982 - I was able to send data at 300 bytes per second, that's 3,000,000,000 times slower than the NBN I'm using now," he earlier told the Messenger.

Our interactions with Laurie are always enjoyable, he's charismatic in a very Aussie way with a sharp sense of humour and a penchant for poking fun at the world as he sees it. We here at the Messenger are very glad to know this great Australian, and are proud to publish his creations. We know he's deserving of such an accolade.

You can find Laurie's Crosswords in the back of the magazine (near the TV guides) every week. We keep a year's worth of back issues on our website at a time, so you can always catch up with Laurie's work online.

Congratulations Laurie.

Queensland's FIRST amazing new style

ARB Store



**Drop in and say G'day
to Andrew and The Team**

ARB **4X4
ACCESSORIES
NORTH LAKES**

66 Flinders Pde,
North Lakes QLD 4509

Ph: 07 3491 9600



afa
australian financial advisers

Evergreen Centre,
Unit 8, 14 Discovery Drive, North Lakes

3385 0565

Australian Financial Advisers

- ❖ Budgeting for the Family & Your Lifestyle
- ❖ Paying down your Mortgage & Bad Debt
- ❖ Understanding Tax
- ❖ Creating Long Term Income & Wealth
- ❖ Retirement & Super Simplified
- ❖ 27 yrs of providing Financial Advice

www.afafp.com.au



Call now to organise an appointment with Craig Fenton.
Initial Cost is an investment of your Time to find out what's possible!

3385 0565

Email:ls@afanorthlakes.com

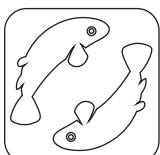
Fenton Financial Management Pty Ltd T/A Australian Financial Advisers and Craig Fenton are Authorised Representatives of GWM Adviser Services Limited ABN 96 002 071 749, an AFSL, Registered Office at 105-153 Miller Street, North Sydney NSW 2060



YOUR STARS



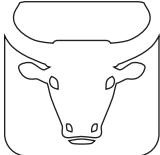
Aquarius Jan 21- Feb 19: Don't let the bean counters poke holes in your financial plans. Remember that it's your vision that brings in the money; not their math.



Pisces Feb 20-March 20: You feel so psychic now that you feel like you can see into people's souls as if you were a glass bottom boat. It's fine within reason, but leaves something to the imagination.



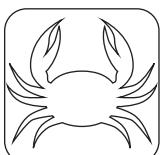
Aries March 21-April 20: You don't see a personal short coming as a detriment. If anything it signifies your unique take on things. Insist that you be accepted warts and all.



Taurus Aril 21-may 21: Your schedule is demanding, but that doesn't mean that you have to be too. A pep talk or show of gratitude revives friends waning enthusiasms.



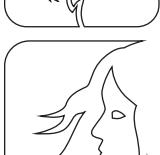
Gemini May 22-June 21: You're like a bee buzzing from flower to flower. Snippets of conversations gathered from here and there pollinate your creative process.



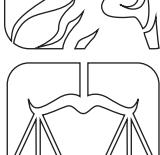
Cancer June 22-July 23: You're a greater help than you know. Time with you brings solace to troubled souls.



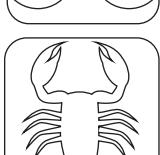
Leo July 24-Aug 23: Share an idea or whim lout loud this week. Someone in earshot may know exactly what to do to make it a reality.



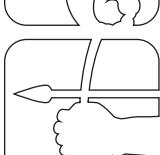
Virgo Aug 24-Sept 23: If you've been down this same road before then you need to ask why. Don't get philosophical about it. This is less about life lessons and more about learning to read a map.



Libra Sept 24-Oct 23: You have no problem giving up a claim if it means peace. But what does your partner say? Ask before making a pledge that you can't keep.



Scorpio Oct 24-Nov 22: friends feel like you are giving in, but you're ready for some peace of mind. Pay the price because it's worth it in the end.



Sagittarius Nov 23-Dec 21: Don't bemoan the loss of greener pastures, there's plenty to work with right where you are. Staying put prompts you to work on what you already have.



Capricorn Dec 22-Jan 20: Don't let insecurities get the better of you. You want to be looking ahead when you cross a major threshold, not looking back over your shoulder.

Found Termites?

- ✓ Stop ✓ Call ✓ Book ✓ Install

1. STOP! - do not spray the area with fly spray or any other product. Cover the area back up and leave for a professional Sandgate Pest Control technician to assess. If you disturb this area they have the potential to flee to other areas of your home and the can make treating and identifying them hard!
2. CALL US as soon as possible. Our licensed technician will attend your property and give you free advice and a quotation for our services
3. BOOK a Termite inspection (and eradication treatment, if required). This allows for all accessible timbers in the house to be inspected including fences and any outbuildings. Australian Standards state that all homes should have a full Timber Test Inspection at least annually
4. INSTALL a protective chemical barrier. Once the active termites have been eradicated installing a chemical perimeter barrier will help ensure that they do not enter your home in the future. Sandgate Pest Control offers a 5 - 10 year warranty on their barrier treatments
5. Even though our barriers are very effective we still strongly recommend that you continue with your annual inspections. This allows us to continue your warranty, keep an eye on your home, and identify if any changes at your home may have broken or breached the barrier

Every year, many buildings in Australia are damaged by subterranean termites, or other timber pests. It is in the home owner's best interest to protect their home from these destructive pests.

Remember once the barrier has been installed, Sandgate Pest Control highly recommends that home owners continue with a Timber and Pest Inspection at least once a year.

Continuing with annual termite inspections after the barrier has been installed allows for the technician to check that the barrier has not been bridged or breached.

SANDGATE PEST CONTROL
the termite specialists

3269 6198
For more information please visit
www.sandgatepest.com.au

ORCC 108 2905

steps
dance centre

DANCE

enrol now feel the freedom of dance
All styles of dance for all ages

~for enjoyment ~ to experience performance ~
Audition for our Young and Youth Elite Extension Programs
Study with Steps 2 Dance - Certificate III in Dance through ADI

Learn from the Professionals

www.stepsdancecentre.com Phone: 3204 7239

NINE

6.00 GMA. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Surfing Australia TV. **12.30** Kevin Can Wait. (PG) **1.00** Bangkok Airport. (PG) **1.45** Married At First Sight. (PG) **3.30** Living The Dream. (PG) **4.30** Dream Job. **5.00** Nine News. **6.00** Cricket. Trans-Tasman Twenty20 Tri-Series. Australia v New Zealand. Game 1. **9.50** Travel Guides. (PG) **10.50** Movie: Heist. (M) (2001) Gene Hackman, Danny DeVito, Sam Rockwell. A jewel thief's nephew participates in a heist. **1.00** Plonk. (M) **1.30** Surfing Australia TV. **2.00** TV Show. **2.30** Movie: The Horror Of Frankenstein. (M) (1970) Ralph Bates, Verónica Carlson. **4.30** Global Shop. **5.00** TV Show. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **11.30** Pirate Express. **12.00** Move It. **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Young Justice. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Turning Mecard. (PG) **3.00** Gumball. (PG) **3.30** Ben 10. (PG) **4.00** Teen Titans. (PG) **4.30** Steven Universe. (PG) **5.00** Movie: Teenage Mutant Ninja Turtles III. (PG) (1993) **7.00** Movie: Shrek 2. (PG) (2004) **9.00** Movie: The Hunger Games: Catching Fire. (M) (2013) **12.00** Adult Swim. (MA15+) **12.30** Titan Maximum. (MA15+) **1.00** Pompidou. (PG) **2.00** Top Gear. (PG) **3.00** Yo-Kai. (PG) **3.30** Young Justice. (PG) **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Bewitched. **12.30** Bewitched. **1.00** Tennis. Davis Cup. World Group. Australia v Germany. Day 2. **4.00** Highway Cops. (PG) **4.30** Seven News At 4.30. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Cool Runnings. (PG) (1993) John Candy, Doug E. Doug. **9.05** Movie: Tammy. (M) (2014) Melissa McCarthy, Susan Sarandon, Kathy Bates. A woman loses her minimum wage job. **11.10** To Be Advised. **12.40** Aquarius. (M) A detective searches for a missing teen. **1.40** Harry's Practice. **2.00** Shopping. **4.00** Sons And Daughters. **4.30** Sons And Daughters. **5.00** The Great Outdoors.

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.30** Room For Improvement. **10.00** NBC Today. **12.00** Cycling. Cadel Evans Great Ocean Road Race. Highlights. **1.00** Creek To Coast. **1.30** SA Weekender. **2.00** The Great Australian Doorstop. (PG) **2.30** Vasilis Garden. **3.00** Qld Weekender. **3.30** Air Crash Investigation. (PG) **4.30** Selling Houses Aust. **5.30** To Build Or Not To Build. **6.30** Mighty Ships. (PG) **7.30** The Yorkshire Vet In Autumn. (PG) **8.30** Escape To The Country. Sets out to find the perfect country home for families who are tempted to quit the hustle and bustle of city living. **10.30** Escape To The Continent. **11.45** SA Weekender. **12.15** Creek To Coast. **1.00** Psychic TV. (M) **4.00** Qld Weekender. **4.30** Travel Oz. (PG)

TEN

6.00 A Taste Of Travel. **6.30** Everyday Gourmet. **7.00** RPM: Summer Series. **7.30** GCBC. **8.00** 15-Min Meals. **8.30** Weekend Feast. **9.30** St10. (PG) **12.00** The Living Room. (PG) **1.00** The Home Team. **1.30** Travels With The Bondi Vet. **2.00** The 48 Hour Destination. (PG) **2.30** 30-Min Meals. **3.00** Cook's Pantry. **3.30** A Taste Of Travel. **4.00** What's Up Down Under. Return. **4.30** Seafood Escape. **5.00** News. **6.00** Bondi Rescue. (PG) **6.30** David Attenborough's Africa. **7.30** David Attenborough's Africa. Sir David Attenborough's journey across Africa continues with a look at the south. **8.30** To Be Advised. **11.00** 48 Hours. (M) **12.00** 48 Hours. (M) **1.00** Shopping. **4.30** The Table. **5.00** Hour Of Power.

ONE

6.00 Home Shopping. **8.00** Cricket. Big Bash League. Second semi-final. Replay. **12.00** All 4 Adventure. (PG) **1.00** Hogan's Heroes. **1.30** Escape Fishing With ET. **2.00** Monster Jam. **3.00** Happy Days. (PG) **4.00** MacGyver. (PG) **5.00** Operation Repo. (PG) **5.30** iFish Summer Series. **6.00** Football: Just For Kicks. **6.40** Soccer. A-League. Round 19. Adelaide United v Perth Glory. From Coopers Stadium, Adelaide. **9.00** Car Crash Global: Caught On Camera. (PG) **10.00** 48 Hours. (M) **12.00** RPM: Summer Series. **12.30** Operation Repo. (PG) **2.00** Cricket. Women's Big Bash League. Second Semi-final. Replay. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.00** Classic Countdown. (PG) Final. **12.00** ABC News At Noon. **12.30** Grantchester. (M) **1.20** Vera. (M) **3.05** Catalyst. **4.05** David Attenborough's Galapagos. **5.00** QI. (PG) **5.30** Antiques Roadshow. **6.30** A Taste Of Landline. **7.00** ABC News. **7.30** Death In Paradise. (PG) Return. **8.30** Delicious. Return. **9.30** Broadchurch. (M) Final. **10.20** Silent Witness. (MA15+) **11.20** Miss Fisher's Murder Mysteries. (M) **12.15** Adam Hills: The Last Leg. **1.00** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.10** DinoTrux. **5.30** Peppa Pig. **5.40** Charlie And Lola. **5.55** Hey Duggee. **6.00** Octonauts. **6.15** WildWoods. **6.25** Go Jetters. **6.40** Jamillah And Aladdin. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (PG) **8.30** Live At The Apollo. (M) **9.15** Comedy Next Gen. (MA15+) **10.15** The Best Of Fresh Blood 2017. (M) **10.45** Ill Behaviour. (M) **11.15** Inside Amy Schumer. (MA15+) **11.40** Asian Provocateur. (M) **12.10** The Trip. (M) **12.40** Live At The Apollo. (M) **1.25** Ricky Gervais Live: Animals. (M) **2.30** News Update. **2.35** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **2.00** Small Business Secrets Summer Encore. **2.30** Figure Skating. ISU Four Continents Championships. **4.00** Destination Flavour Scandinavia. **4.30** Cycling. Herald Sun Tour. Stage 2. Warrnambool to Ballarat. 198.6km. Highlights. **5.30** The Supervet. **6.30** News. **7.35** Engineering Space. New. **8.30** Engineering Space. **9.25** Gadget Man. **9.55** Soccer. EPL. Burnley v Manchester City. **12.50** Definitive Guide To Sea Monsters. (PG) **1.45** Poh & Co. Bitesize. **1.50** Adam Looking For Eve. (MA15+) **3.40** STUDIO At The MEMO with Tim Rogers. (M) **4.40** Destination Flavour. **4.50** SBS Flashback. **5.00** CGTN English News. **5.15** WorldWatch.

AUSTAR.

MOVIES
8.30pm Grimsby (2016) Comedy. Sacha Baron Cohen, Mark Strong. (MA15+) **Premiere**

8.30pm Gravity (2013) Sci-fi. Sandra Bullock, George Clooney. (M) **Masterpiece**

8.30pm How To Be Single (2016) Comedy. Dakota Johnson, Rebel Wilson. (M) **Romance**

GENERAL

7.30pm Arrow. (M) **FOX8**

8.30pm Death In Paradise. (M) **BBC**

First

8.30pm Sleepy Hollow. (MA15+) **FOX8**

DOCUMENTARY

7.00pm Science Of Stupid. (PG) **National Geographic**

7.30pm 41. (PG) **History**

8.30pm My Big Fat Fabulous Life. (PG) **TLC**

SPORT

7.30pm Basketball. NBL. Round 18. Illawarra Hawks v Cairns Taipans. **Fox Sports 3**

7.30pm Football. AFL Women's. Round 1. Collingwood v Carlton. **Fox Footy**

7.45pm Soccer. A-League. Round 18. Brisbane Roar v Sydney FC. **Fox Sports 4**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0302

LESS HASSLE MORE BOATING

Ask about our
OPENING SPECIALS

North Brisbane's NEWEST boat Drystack -

- No trailer needed
- No need for yard or garage space
- No more ramp stress
- No need for towing vehicle
- No more anti-fouling



Enjoy YOUR
Boating

Ph: 07 3880 0300
www.scarbmarina.com.au



SCARBOROUGH
MARINA
QUEENSLAND



WHAT'S ON

Easily submit your event on our homepage www.northlakesmessenger.com.au Please direct questions about this free service to editor@northlakesmessenger.com.au

CALLING ALL QUEENSLANDERS - CAMERON SMITH & JOHNATHAN THURSTON TESTIMONIAL MATCH

Date: February 23

Time: Kick off 7pm

Location: Suncorp Stadium

Players like Cameron Smith and Johnathan Thurston come along once in a lifetime, and when they do, it's reason to gather. On February 23 Australian, Queensland and Melbourne Storm and North Queensland Toyota Cowboys legends, Smith and Thurston will be recognised for their incredible contribution to Rugby League in a special testimonial match to be played ahead of the 2018 season. Smith's Storm will take on Thurston's Cowboys at their beloved Suncorp Stadium next year, the start of Thurston's final year in the NRL. It will be the first time the teams have faced each other since the 2017 NRL Grand Final, which Smith's Storm won 34-6 over a Cowboys side playing its second Grand Final in three years after losing co-captain Thurston to a season-ending shoulder injury in Origin II.

Tickets via ticketek.com.au

THE MANGANIYAR SEDUCTION

Date: March 1 & 2, 2018

Location: QPAC Concert Hall

Cost: 99 - \$124

One of the most original and mesmerising live performances on earth is headed for Brisbane. The Manganiyar Seduction is a visually and musically stunning masterpiece, where 40 musicians from three generations of Manganiyars perform in a 36-windowed 'jewel box', with the songs slowly building to giddy heights. Celebrating the music of the Manganiyars, a caste of desert musicians from the heart of the Thar Desert in Rajasthan, The Manganiyar Seduction will be performed twice at the Queensland Performing Arts Centre on March 1 and 2, 2018.

The Manganiyars are a caste of Muslim musicians who are predominantly settled in the districts of Jaisalmer, Barmer and Jodhpur, in the heart of the Thar Desert. They traditionally performed for Kings, however over the years their patrons have shifted from Kings to people who could give them a meal.

More info and tickets: www.qpac.com.au

BLACK IS THE NEW WHITE (POWERFUL THEATRE)

Date: 1 to 17 February 2018 , 2018

Location: Playhouse at QPAC, South Brisbane

Black is the New White is the powerful stage story with star studded line-up, set to open Queensland Theatre's 2018 on February 1.

It's an astute and questioning social comedy on identity, politics and family that blends Guess Who's Coming to Dinner? with Meet the Fockers. Black is the New White sold out its world premiere season at Sydney Theatre Company in 2017 - a triumph for Queensland Theatre's Associate Artistic Director Paige Rattray, writer Nakkiah Lui and designer Renée Mulder. Now it's coming to Brisbane.

The stellar cast includes Logie-award winning Shari Sebbens (The Sapphires and Redfern Now), Tom Stokes (The Railway Man), Tony Briggs (co-writer of the Helpmann Award winning play The Sapphires), Miranda Tapsell (Love Child and The Sapphires), Luke Carroll (Play School presenter and Redfern Now), Vanessa Downing (former Home & Away star), Melodie Reynolds-Diarra (Redfern Now and Natural Justice), and NIDA graduate Anthony Taufa (The Golden Age - Sydney Theatre Company, An Octoroon - Queensland Theatre).

TICKETS: 1800 355 528 or queenslandtheatre.com.au

BRISBANE COMEDY FESTIVAL

Date: Friday 23 February - Sunday 25 March 2018

Location: Various

Cost: Varies, see website.

Brisbane will be plunged into hysterics when the city's largest ever lineup of the best Aussie and international acts lay comical siege to three venues - Brisbane Powerhouse, Brisbane City Hall and new venue SunPAC - as part of Brisbane Comedy Festival 2018.

The ninth instalment of Australia's fastest growing comedy festival will bring more than 70 stellar comedians to Brisbane. Leading the pack of international laughter masters are Jim Gaffigan, Irishmen Jimeoin and Des Bishop, Canadian DeAnne Smith, Englishmen Stephen K Amos and Jeff Green, who will be celebrating 30 years on the comedy circuit with a special show. Also on the bill is beloved Kiwis Cal Wilson and Urzila Carlson, Scottish star Daniel Sloss and American Rich Hall, making his long-awaited return.

Tickets are on sale now via brisbanecomedyfestival.com

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

Our first lunch for the year was a huge success. Over 40 of us gathered at the North Lakes Golf Club for a few hours of dining and chatter. The happy and friendly atmosphere was just wonderful and everyone left with smiles on their faces.

Tuesday 6th February – Our first General Meeting for 2018. This year's volunteer positions will be elected and activities voted on. Visitors welcome.

Tuesday 13th February – Still in the planning stages, but you can be sure that a fun time will be had by all. Visitors welcome.

Our meetings are open to all women in North Lakes/Mango Hill-Moreton Bay District. For more information please contact Trish 0447 071 221 or Sue 0418 785 944.

PUT YOUR EVENT ON BLAST

We've got a very simple tool on our website to help you tell us about your upcoming event

Then we'll tell our readers



It's free

**it's on our homepage at
www.northlakesmessenger.com.au**

NINE

6.00 Good Morning America: Saturday. **7.00** Weekend Today. **10.00** My Surf TV. **10.30** Al McGlashan's Fish'n With Mates. (PG) **11.00** Patriot Games. (PG) **12.00** Santos Tour Down Under Review Show. **1.00** Married At First Sight. (PG) **2.30** Married At First Sight. (PG) **4.00** Endangered. **5.00** News. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Married At First Sight. (PG) **8.30** Movie: Trainwreck. (M) (2015) Amy Schumer, Bill Hader, John Cena. A journalist finds herself falling in love. **11.00** One Night With My Ex. (MA15+) **12.00** House. (M) **1.00** The Mysteries Of Laura. (M) **2.00** Al McGlashan's Fish'n With Mates. (PG) **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **11.30** Star Wars: Droid Tales. (PG) **12.00** Turning Mecard. (PG) **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Young Justice. (PG) **3.00** Gumball. (PG) **3.30** Teen Titans. (PG) **4.00** Looney Tunes Cartoons. **4.10** Movie: The Rugrats Movie. (G) (1998) **5.40** Movie: Spy Kids. (PG) (2001) **7.30** Big Bang. (PG) **8.30** Movie: Star Trek. (M) (2009) **11.00** Big Bang. (PG) **12.00** Adult Swim. (MA15+) **12.30** Titan Maximum. (MA15+) **1.00** Westside. (M) **2.00** Top Gear. (PG) **3.00** Yo-Kai. (PG) **3.30** Young Justice. (PG) **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** To Be Advised. **1.30** To Be Advised. **3.00** To Be Advised. **4.30** Highway Cops. (PG) **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** My Kitchen Rules. (PG) Supermums Kim and Suong take to the kitchen to share the flavours of their Vietnamese heritage. **8.30** Movie: Pretty Woman. (M) (1990) Richard Gere, Julia Roberts, Hector Elizondo. A businessman hires a prostitute. **11.05** Wedding Surprises: Caught On Camera. (M) Features amazing wedding moments. **12.05** Movie: The Making Of A Hollywood Madam. (M) (1996) Michael Gross. **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Travel Oz. (PG) **11.00** NBC Today. **12.00** Tennis. Davis Cup. World Group. Australia v Germany. Day 3. **5.00** The Real Seachange. (PG) **5.30** Escape To The Country. **6.30** To Be Advised. **7.00** Motorway Patrol. (PG) **7.30** Border Security: Int. (PG) **8.30** Border Security. (PG) Authorities are sceptical after a passenger announces he has come to Australia to deliver a children's book. **9.30** Brit Cops. (M) **10.30** Border Security: Int. (PG) **11.30** Border Security. (PG) **12.30** Psychic TV. (M) **3.30** The Real Seachange. **4.30** Travel Oz. (PG)

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** The 48 Hour Destination. **9.30** St10. (PG) **11.00** Cricket. Women's Big Bash League. Final. **2.15** Cricket. Big Bash League. Final. **6.30** I'm A Celebrity... Get Me Out Of Here! (PG) Having survived their first week in the jungle, the celebrities are treated to a high tea challenge. **8.00** SEAL Team. Jason and the team find innocent civilians in desperate need of rescue while on a mission in Syria. **9.00** To Be Advised. **10.00** To Be Advised. **11.00** 48 Hours. (M) **12.00** 48 Hours. (M) NCIS agents reveal how they combat crime. **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Monster Jam. **9.00** Bondi Lifeguard Hawaiian Adventure. **11.00** A Taste Of Travel. **11.30** Merv Hughes Fishing. **12.00** To Be Advised. **1.30** Nature's Great Events: **2.30** Seafood Escape. **3.00** Life Inside The Markets. **3.30** Life Inside The Markets. **4.00** Operation Repo. **4.30** Places We Go. **5.00** What's Up Down Under. **5.30** iFish Summer. **6.00** Hogan's Heroes. **6.30** Cricket. Big Bash League. Final. **7.30** The Life Of Mammals. **8.30** Ge Cops. **9.00** Movie: Last Knights. (MA15+) (2015) **11.20** Car Crash Global. **12.15** When We Go To War. **2.15** Whitewater Rafting. Avon Descent. Highlights. **3.15** Operation Repo. **4.15** Monster Jam. **5.10** Hogan's Heroes. **5.40** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. Return. **10.00** Offsiders. Return. **10.30** The World This Week. **11.00** Compass. **11.30** Songs Of Praise. **12.00** ABC News At Noon. **12.30** Landline. Return. **1.30** Gardening Australia. **2.30** Back Roads. (PG) **6.30** The House With Annabel Crabb. **7.00** ABC News Sunday. **7.40** The Coronation. (PG) **8.40** Shetland. (M) Return. **9.40** Shetland. **10.40** Our Girl. (M) **11.40** Doctor Who. (PG) **12.25** Rage. (MA15+) **2.05** Our Girl. (M) **3.05** Antiques Roadshow. **4.05** The Bill. (PG) **5.00** Insiders.

ABC COM

6.00 Children's Programs. **6.35** Shaun The Sheep: The Farmer's Llamas. **7.10** Children's Programs. **6.15** WildWoods. **6.25** Go Jetters. **6.40** Jamillah And Aladdin. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Michael McIntyre's Comedy Roadshow. (M) **8.45** Ricky Gervais Live: Politics. (MA15+) **9.55** Alan Davies: As Yet Untitled. (M) **10.40** Adam Hills: The Last Leg. **11.25** Upstart Crow. (M) **11.55** The Thick Of It. (MA15+) **12.30** Red Dwarf. (PG) **1.00** The League Of Gentlemen. (M) **1.35** Murder In Paradise. (M) **2.00** Dirty Laundry. (M) **2.40** News Update. **2.45** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **7.00** Small Business Secrets Summer Encore. **7.30** WorldWatch. **9.30** Soccer. EPL. Burnley v Manchester City. Replay. **12.00** Speedweek. **2.00** Basketball. NBL. Round 17. Adelaide 36ers v Perth Wildcats. **4.00** WorldWatch. **5.00** Small Business Secrets Summer Encore. **5.30** Hitler's Secrets. (PG) **6.30** News. **7.35** Eight Days That Made Rome. New. **8.30** Tonya Harding: The Price Of Gold. **10.00** The Lost Tribes Of Humanity. (PG) **11.00** Full Frontal. (M) **11.30** Movie: Bodkin Ras. (MA15+) (2016) **12.55** Movie: We Are Young, We Are Strong. (MA15+) (2014) **3.15** Mummies Alive. (PG) **4.05** Mummies Alive. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** WorldWatch.

MOVIES

8.30pm Eddie The Eagle (2016) Drama. Taron Egerton, Hugh Jackman. (PG) **Premiere**
8.30pm The Descendants (2011) Drama. George Clooney, Shailene Woodley. (M) **Masterpiece**

GENERAL

7.30pm Doc Martin. (PG) UKTV
9.00pm Young & Hungry. (M) FOX8
9.30pm Adam DeVine's House Party. (MA15+) Comedy Channel

DOCUMENTARY

6.20pm The House That £100K Built. Lifestyle Home
7.30pm Wives With Knives. (M) Crime & Investigation

SPORT

7.30pm Basketball. NBL. Round 18. Sydney Kings v Melbourne United. Fox Sports 3
7.30pm Soccer. A-League. Melbourne Victory v Melbourne City. Fox Sports 4
7.30pm Football. AFL Women's. Western Bulldogs v Fremantle. Fox Footy
8.00pm Golf. European PGA Tour. Dubai Desert Classic. Third round. Fox Sports 2

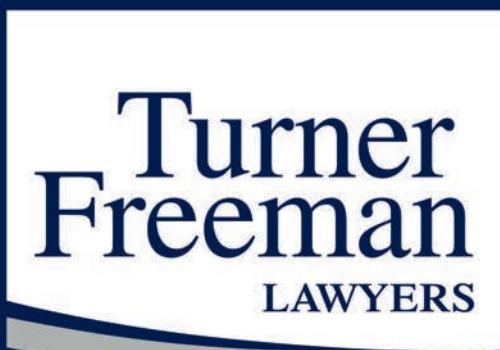
0402

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

• Motor Vehicle Injuries

• Work Place Injuries

• Asbestos Diseases



3482 8500



www.turnerfreeman.com.au

Unit 1 / 9a Gregor Street West
NORTH LAKES

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (PG) **9.00** Travel Guides. (PG) **10.00** Better Late Than Never. (PG) **11.00** CSI: Crime Scene Investigation. (M) **12.00** Law & Order. (M) **1.00** Postcards Summer. (PG) **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Top Gear. (PG) **12.30** World's Funniest Videos Top 10 Countdown. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** American Ninja Warrior. (PG) **9.30** Movie: Kill Bill: Vol. 1. (MA15+) (2003) **11.40** Two And A Half Men. (PG) **12.10** The Crew. (PG) **12.35** Friends. (PG) **1.30** Uncle Grandpa. (PG) **2.00** Regular Show. (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** NFL. Super Bowl LII. New England Patriots v Philadelphia Eagles. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Hunter tries to stop Olivia from going to Paris. Willow puts herself on the line for Justin. **7.30** My Kitchen Rules. (PG) The teams travel to the Sunshine Coast where surfie couple Ash and Matty are in the zone for their debut. **9.00** Movie: Eddie The Eagle. (PG) (2016) Taron Egerton, Hugh Jackman, Tom Costello. An Olympic underdog wins the hearts of fans. **11.30** Big Kitchens. (PG) A look at a kitchen that makes giant donuts. **12.00** Movie: Captive. (M) (1998) Richard Grieco. **2.00** Shopping. **4.00** NBC Today. **5.00** Shopping. **4.30** CBS Morning. **5.30** Sunrise.

TEN

6.00 GCBC. **6.30** Alive And Cooking. **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Hosted by Julia Morris and Dr Chris Brown. **9.00** Law & Order: SVU. (M) The cops get tangled in an elaborate online hoax that leads to the rape of a popular social media star. **10.00** Law & Order: SVU. (M) A party leads to a separate investigation. **11.00** The Project. A look at the day's news. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** It's Academic. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **10.30** NBC Press. **11.30** The Real Seachange. **12.30** Room For Improvement. **1.00** Cities Of The Underworld. (PG) **2.00** Million Dollar Minute. **3.00** Last Chance Learners. (PG) **3.30** ICU. (PG) **4.00** Room For Improvement. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Rosemary & Thyme. (PG) **8.30** Lewis. (M) **10.30** Cities Of The Underworld. (PG) **11.30** Bargain Hunt. (PG) **12.30** Room For Improvement. **1.00** The Great Outdoors. **2.00** Cities Of The Underworld. (PG) **4.00** Late Programs.

ONE

6.00 Home Shopping. **8.00** Cricket. Big Bash League. Final. Replay. **12.30** Hogan's Heroes. **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. (PG) **7.30** Hawaii Five-O. **8.30** NCIS. (M) **10.30** Elementary. (M) **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Nash Bridges. (M) **4.00** Matlock. (M) **5.00** Star Trek: Voyager. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** The Coronation. (PG) **12.00** ABC News At Noon. **1.00** Landline. **2.00** Parliament. **2.55** Gardening Aust. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** Action News At Five. **5.10** The Drum. **6.00** Think Tank. New. **7.00** ABC News. **7.30** **7.30**. **8.00** Australian Story. Return. **9.15** Four Corners. Return. **9.35** Q&A. Return. **10.45** ABC Late News. **11.10** The Business. **11.30** Golf. PGA Tour. Phoenix Open. Highlights. From TPC Scottsdale, Scottsdale, Arizona. **12.20** Parliament Question Time. **1.20** Doctor Who. (PG) **2.10** Rage. (MA15+) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

SBS

6.00 WorldWatch. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Barbra Streisand: Encore. **2.55** SBS Flashback. **3.00** Predict My Future: The Science Of Us. (PG) **3.55** Chinese New Year: Biggest Celebration On Earth. **4.55** Living Black. **5.25** Letters And Numbers. **6.00** Food Safari. **6.30** News. **7.30** River Cottage Australia. **8.30** Michael Mosley: Trust Me, I'm A Doctor. **9.30** 24 Hours In Emergency. (M) **10.30** SBS News. **11.00** The World Game. **11.30** Movie: Macbeth. (MA15+) (2015) **1.40** Masters Of Sex. (MA15+) **2.40** Masters Of Sex. (MA15+) **3.50** Masters Of Sex. (M) **4.55** SBS Flashback. (PG) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

MOVIES

6.40pm Fast & Furious (2009) Action. Vin Diesel, Paul Walker. (M) **Action** **8.30pm** 40 Days And 40 Nights (2002) Comedy. Josh Hartnett, Shannyn Sossamon. (M) **Romance** **10.10pm** The Notebook (2004) Romance. Rachel McAdams, Ryan Gosling. (PG) **Romance**

GENERAL

6.55pm QI. (M) **UKTV** **7.30pm** Whose Line Is It Anyway? Australia. (MA15+) **Comedy Channel** **DOCUMENTARY** **6.30pm** Yukon Vet. (PG) National Geographic People **7.30pm** Blowing Up History. (PG) Discovery

SPORT

5.00pm Football. AFL Women's, Round 1. Melbourne v Brisbane Lions. **Fox Footy** **7.30pm** Golf. European PGA Tour. Dubai Desert Classic. Final round. **Fox Sports 2** **10.00pm** Freestyle Skiing. FIS World Cup. Ski Cross. **Eurosport**

0502

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

ABC COM

6.00 Children's Programs. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** Upper Middle Bogan. (M) **9.00** Tonight With Tom Ballard. (M) **9.30** Ill Behaviour. (M) **10.00** Inside Amy Schumer. (MA15+) **10.20** Buzzcocks. (M) **10.50** The Office. (PG) **11.10** 30 Rock. (M) **11.30** Parks And Recreation. (M) **11.55** Tonightly With Tom Ballard. (M) **12.25** Buzzcocks. (M) **12.55** The Office. (PG) **1.20** 30 Rock. (M) **1.40** Parks And Recreation. (M) **2.00** News Update. **2.05** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Adventure Planet. (PG) (2012) **1.30** Rise. (PG) **2.20** Dara O Briain: School Of Hard Sums. **3.15** Vs Arashi. (PG) **4.10** The Mindy Project. (PG) **4.35** Black Market. (PG) **5.00** News. **5.25** If You Are The One. **6.40** MythBusters. (PG) **7.35** Brooklyn Nine-Nine. (PG) **8.00** Brooklyn Nine-Nine. (PG) **8.30** Movie: My Beautiful Laundrette. (1985) **10.20** Movie: La Cage Aux Folles. (1978) **12.05** Untitled Action Bronson Show. **12.30** Untitled Action Bronson Show. **1.00** Untitled Action Bronson Show. **1.25** Untitled Action Bronson Show. **1.50** Teen Exorcists. (M) **2.20** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.

FAMILY LAW SPECIALISTS

5/13 Discovery Drive
NORTHLAKES
Ph: (07) 3448 2199

www.journeyfamilylawyers.com.au

Divorce | Property Settlement | Children's Matters
Consent Orders | Prenuptial Agreements | Wills

If you have a family law issue, contact our office today for a **free 15-minute** chat with one of our family law specialists or simply book in for an initial consultation to find out where you stand.

We offer:**•Fixed Fees****•Discounted Initial Consultations****•15 Minute FREE Telephone Advice**

Journey Family Lawyers specialises in family law with offices at North Lakes, Strathpine and Brisbane City.

Did you know...

Did you know that you don't have to wait to be divorced to sort of your property settlement?
Contact us to find out more.



24 Hours / 7 Days Service
Pre-arranged Funerals
Funeral Insurance Advice

... still family-owned

TALLOWWOOD DRIVE
DECEPTION BAY

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** One Night With My Ex. (M) **10.00** Beauty And The Beach. (M) **11.10** Cold Case. (PG) **12.10** 20/20. **1.00** Patriot Games. (PG) **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** BattleBots. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexo Knights. (PG) **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Ady Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** American Ninja Warrior. (PG) **9.30** Movie: Kill Bill: Vol. 2. (MA15+) (2004) **12.15** Friends. (PG) **1.15** Mike Tyson Mysteries. (MA15+) **1.30** Uncle Grandpa. (PG) **2.00** Regular Show. (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Ady Time. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **1.30** Highway Cops. (PG) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) The teams travel to Brisbane where best buddies Stuss and Steve set out on a culinary odyssey. **9.05** The Good Doctor. (M) After Shaun suspects his patient is lying, he makes a controversial assumption about her motives. **10.05** Grey's Anatomy. (M) A familiar face from Meredith's past returns. **11.05** Grey's Anatomy. (M) **12.05** Time After Time. (M) **1.05** Time After Time. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** It's Academic. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** To Be Advised. **1.00** Cities Of The Underworld. (PG) **2.00** Million Dollar Minute. **3.00** Last Chance Learners. (PG) **3.30** ICU. (PG) **4.00** Room For Improvement. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) **8.30** Inspector Morse. (M) A female deacon is killed. **10.30** Brit Cops. (MA15+) **11.30** Bargain Hunt. (PG) **12.30** Room For Improvement. **1.00** The Great Outdoors. **2.00** Heroes Of The Amazon. **3.00** Yindi: The Last Koala? **4.00** Million Dollar Minute. **5.00** Last Chance Learners. (PG) **5.30** ICU. (PG)

TEN

6.00 GCBC. **6.30** Alive And Cooking. **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) **8.30** Hughesy, We Have A Problem. Dave Hughes is joined by Lawrence Mooney, Nick Cody, Rachel Corbett and Urzila Carlson. **9.30** NCIS: LA. (M) The team investigates a ransomware attack that takes out the entire power grid of west Los Angeles. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cricket. Women's Big Bash League. Final. Replay. **11.30** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. (PG) **7.30** 48 Hours. (M) **9.30** Countdown To Murder. **10.30** Highlander. (M) **11.30** Hogan's Heroes. **12.00** Home Shopping. **2.00** Nash Bridges. (M) **3.00** Matlock. (M) **4.00** Diagnosis Murder. (PG) **5.00** Highlander. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. **2.00** Parliament Question Time. **3.00** Ask The Doctor. (PG) **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** **7.30**. **8.00** The Checkout. **8.30** Catalyst. **9.30** No More Boys And Girls: Can Our Kids Go Gender Free? **10.25** ABC Late News. **10.55** The Business. **11.10** Q&A. **12.20** Parliament Question Time. **1.20** Doctor Who. (PG) **2.05** Rage. (MA15+) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Off The Record. (PG) **2.30** Good Listening. (PG) **3.00** Kylie Kwong: Heart And Soul. **3.35** Rise Of The Machines. **4.30** Tony Robinson's World War I. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** News. **7.30** Who Do You Think You Are? (PG) **8.30** Best Of Insight. **9.30** Dateline Best Of 2017. **10.00** Secret State: Inside North Korea. **10.30** SBS News. **11.00** Spin. (M) **12.00** Spin. (M) **12.55** Movie: Monsieur Lazhar. (M) (2011) **2.35** Prophet's Prey. (M) **4.25** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.



MOVIES
6.15pm Creed (2015) Drama.
Michael B. Jordan, Sylvester Stallone. (M) **Premiere**

10.25pm My Sister's Keeper (2009)

Drama. Cameron Diaz, Abigail Breslin.

(M) **Masterpiece**

10.30pm Everest (2015) Biography.

Jason Clarke, Jake Gyllenhaal. (M)

Premiere

GENERAL

7.50pm EastEnders. (PG) UKTV
9.30pm Covert Affairs. (M) Universal Channel
9.30pm Mr Robot. (MA15+) Showcase

DOCUMENTARY

6.30pm National Treasures With Griff Rhys Jones. History
8.30pm Snapped: Killer Couples. (M) Crime & Investigation
9.30pm DIY SOS: The Big Build. (PG) Lifestyle

SPORT

7.30pm Cross Country Skiing. Universiade. Men's Relay.
Eurosport
7.30pm Basketball. NBL. Round 18. Melbourne United v Illawarra Hawks. Fox Sports 3

0602

NORTH LAKES COUNSELLING SERVICES

www.northlakescounsellingservices.com.au

- Relationship Counselling,
- Personal Counselling,
- Grief and Loss Counselling,
- Qualified Trainer and Assessor for students of Counselling,
- Employment Coaching - Resume and Selection Criteria,
- Job Search Skills and Job Interview Coaching,
- Qualified Training and Workshop Provider.

Move towards a better future

For confidential appointments
Phone **3886 2715** or
Mobile **0423 653 841**

Leonie's Relationship Intensive Care is available as both a hard copy and Ebook from her website or Dymocks North Lakes.



LEONIE SCHILLING

PERSONAL TRAINING | FEMALE TRAINER
PERSONAL GYM | PERSONAL ATTENTION



“SUCCESS COMES EASY” SAID NO ONE EVER

CALL 0421 469 025 or EMAIL tiffinee@live.com

NO JOINING FEES • NO CONTRACTS • AFFORDABLE RATES

Catch Leonie's radio show alternate Mondays at 11.00am on **99.7FM**

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **6.30** Cricket. Trans-Tasman Twenty20 Tri-Series. Australia v England. Game 2. From Blundstone Arena, Hobart. **10.10** 20 To One. (PG) **11.10** Movie Juice. **11.40** Soundbreaking. (M) **12.50** House Husbands. (PG) **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Best Ink. (M) **1.00** Dawson's Creek. (PG) **2.00** Steven Universe. (PG) **2.30** Regular Show. (PG) **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexo Knights. (PG) **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** American Ninja Warrior. (PG) **9.30** Movie: Pulp Fiction. (MA15+) (1994) **12.35** Friends. (PG) **1.30** Uncle Grandpa. (PG) **2.00** Regular Show. (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **1.30** Highway Cops. (PG) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) The new cop impresses the locals. **7.30** My Kitchen Rules. (PG) The teams travel to Western Australia where Stella and Jazzy are aiming to serve up a night to remember. **9.00** Hard Sun. (MA15+) New. Two detectives, with opposing backgrounds, uncover a secret involving the fate of the planet. **10.20** World's Most Extreme Airports. (PG) **11.20** Big Kitchens. (PG) **12.00** Powerless. (PG) **12.30** Powerless. (M) **1.00** Bates Motel. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** It's Academic. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** The Travel Bug. (PG) **1.00** To Be Advised. **2.00** Million Dollar Minute. **3.00** Last Chance Learners. (PG) **3.30** ICU. (PG) **4.00** Room For Improvement. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) The body of a French girl is discovered. **8.30** A Touch Of Frost. (M) **10.30** Brit Cops. (M) **11.30** Bargain Hunt. (PG) **12.30** Room For Improvement. **1.00** The Great Outdoors. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Last Chance Learners. (PG) **5.30** ICU. (PG)

TEN

6.00 GCBC. **6.30** Alive And Cooking. **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) **8.30** 2017 Montreal Comedy Festival. Tommy Little presents stand up from Amy Schumer, Arj Barker, Danny Bhoy, Carl Barron, Wil Anderson and Ronny Chieng. **9.30** Madam Secretary. (M) Return. A cartel leader is extradited. **10.30** Hawaii Five-O. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** Jake And The Fatman. (PG) **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** Happy Days. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Agony Of... (M) **8.30** The Agony Of... (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** Asian Provocateur: Mum's American Dream. (M) New. **10.00** The Trip To Italy. (M) **10.30** Buzzcocks. (M) **11.00** The Office. (M) **11.20** 30 Rock. (PG) **11.40** Parks And Recreation. (PG) **12.05** Tonightly With Tom Ballard. (M) **12.35** Buzzcocks. (M) **1.05** The Office. (M) **3.00** 30 Rock. (PG) **4.50** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Australian Story. **2.00** Parliament Question Time. **3.10** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** **7.30** **8.00** QI. (M) **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Squinters. (M) New. **9.25** Adam Hills: The Last Leg. **10.10** Shock Horror Aunty. (MA15+) **10.40** ABC Late News. **11.10** The Business. **11.25** Four Corners. **12.15** Media Watch. **12.30** Parliament Question Time. **1.30** Adam Hills: The Last Leg. **2.15** Doctor Who. (PG) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Agony Of... (M) **8.30** The Agony Of... (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** Asian Provocateur: Mum's American Dream. (M) New. **10.00** The Trip To Italy. (M) **10.30** Buzzcocks. (M) **11.00** The Office. (M) **11.20** 30 Rock. (PG) **11.40** Parks And Recreation. (PG) **12.05** Tonightly With Tom Ballard. (M) **12.35** Buzzcocks. (M) **1.05** The Office. (M) **3.00** 30 Rock. (PG) **4.50** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

WEDNESDAY, FEBRUARY 7**MOVIES**

6.20pm Joy (2015) Drama. Jennifer Lawrence, Bradley Cooper. (M) Masterpiece
8.30pm The Last Witch Hunter (2015) Action. Vin Diesel, Rose Leslie. (M) Premiere
10.40pm Inglourious Basterds (2009) Action. Brad Pitt, Michael Fassbender. (MA15+) Masterpiece

GENERAL

8.30pm Person Of Interest. (M) FX
8.30pm Call The Midwife. (PG) BBC First
9.30pm Blindspot. (MA15+) Universal Channel

DOCUMENTARY

7.30pm Landscape Artist Of The Year. (PG) Foxtel Arts
7.30pm Running Wild With Bear Grylls. (PG) Discovery
8.30pm Last Secrets Of The Third Reich. (PG) History

SPORT

7.00pm Freestyle Skiing. Universiade. Ski Cross. Eurosport
8.00pm Biathlon. Universiade. Men's Mass Start. Eurosport
8.30pm NBA: The Jump. ESPN

0702

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

CALL NOW TO BOOK
3491 6166



Initial Physio Session \$70
One hour massage \$50

*Limited spots available. North Lakes clinic only

Official Physiotherapists for



www.entirehealth.com.au



George Hartnett & Metropolitan Funerals understand every goodbye is different.

Saying goodbye to a loved one can be a daunting and emotional time and no-one understands this better than George Hartnett and Metropolitan Funerals. Whatever your needs, our team will help you make a service that is heartfelt, memorable and tailored to the life of your loved one.

GEORGE HARTNETT
FUNERALS

Redcliffe 3284 5268
georgehartnettfunerals.com.au

METROPOLITAN
FUNERALS

Redcliffe 3284 3799
metropolitanfunerals.com.au

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News.
12.00 Ellen DeGeneres. (PG)
1.00 Movie: Beyond Rangoon. (M) (1995) Patricia Arquette, U Aung Ko. An American doctor visits Burma. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** Movie: Hot Pursuit. (M) (2015) Reese Witherspoon, Sofia Vergara, Matthew Del Negro. A strait-laced cop is assigned to protect the extravagant widow of a drug boss. **10.50** Mom. (M) **11.20** The Robbie Williams Heavy Entertainment Special. (M) **12.20** A.D. Kingdom And Empire. (M) **1.30** TV Shop. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Best Ink. (M) **1.00** Storage Hunters UK. (PG) **1.30** Movie Juice. **2.00** Children's Programs. **3.00** PokéMon The Series: Sun & Moon. **3.30** Nexo Knights. (PG) **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** Robot Wars. (PG) **8.30** Movie: Exit Wounds. (M) (2001) **10.30** WWE Raw. (MA15+) **11.30** Total Divas. (M) **12.30** Friends. (PG) **1.30** Uncle Grandpa. **2.00** Regular Show. (PG) **2.30** PokéMon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Christie's Revenge. (M) (2007) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Ash is released and wants revenge. Tori tries to break through to Robbo before Ash finds them. **9.00** The Front Bar: Winter Olympics Special. (M) Mick Molloy, Sam Pang and Andy Maher take a look at the upcoming PyeongChang 2018 Winter Olympics. **10.00** To Be Advised. **11.00** Ramsay's Kitchen Nightmares USA. (M) Chef Gordon Ramsay heads to Denver. **12.00** Bates Motel. (M) **1.00** Bates Motel. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** It's Academic. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Life On The Edge. (PG) **2.00** Million Dollar Minute. **3.00** Last Chance Learners. (PG) **3.30** ICU. (PG) **4.00** Room For Improvement. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Father Brown. (M) **8.30** Murdoch Mysteries. (M) Murdoch rigs a film camera with a timer on a downtown street corner, in order to capture a killer. **10.30** Houdini & Doyle. (M) **11.30** Bargain Hunt. (PG) **12.30** Psychic TV. (M) **3.30** Room For Improvement. **4.00** Million Dollar Minute. **5.00** Last Chance Learners. (PG) **5.30** ICU. (PG)

TEN

6.00 GCBC. **6.30** Alive And Cooking. **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Hosted by Julia Morris and Dr Chris Brown. **9.00** Gogglebox. Return. TV fanatics open up their living rooms to reveal their reactions to popular and topical TV shows. **10.00** Blue Bloods. Return. Danny contemplates retirement. **11.00** Blue Bloods. (M) **12.00** The Project. **1.00** Stephen Colbert. (PG) **2.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** Jake And The Fatman. (PG) **10.00** Merv Hughes Fishing. (PG) **10.30** Hogan's Heroes. **11.00** Happy Days. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. (PG) **7.30** Rocky Mountain Railroad. (PG) **8.30** Bondi Rescue. (PG) **9.00** Movie: Pound Of Flesh. (MA15+) (2015) Jean-Claude Van Damme, Leonard Gonzales, John Ralston. **11.10** To Be Advised. **12.10** Home Shopping. **2.10** Nash Bridges. (M) **3.05** Matlock. (M) **4.00** Star Trek: Voyager. (PG) **5.00** Happy Days. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** QI. (M) **1.30** Hannah Gadsby's OZ. (PG) **2.00** Parliament. **3.10** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. **6.55** Sammy J's Minor Party. New. **7.00** ABC News. **7.30** **8.00** Would I Lie To You? (PG) Final. **8.30** Call The Midwife. (M) Final. **9.30** Good Karma Hospital. (M) **10.20** ABC Late News. **10.50** The Business. **11.05** Would I Lie To You? (PG) Final. **11.35** Doctor Who. (PG) **12.40** Parliament. **1.40** Good Karma Hospital. (M) **2.25** Golf. PGA Tour. Phoenix Open. Highlights. **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **5.40** Floogals. **5.55** Hey Duggee. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Moodys. (PG) **8.30** The Moodys. (M) **8.55** Sammy J's Minor Party. **9.00** Tonightly With Tom Ballard. (M) **9.30** Squinters. (M) **10.00** Murder In Successville. (M) **10.30** Red Dwarf. **11.05** The Office. (M) **11.25** 30 Rock. (PG) **11.45** Parks And Recreation. (PG) **12.10** Tonightly With Tom Ballard. (M) **12.35** Red Dwarf. **1.10** The Office. (M) **1.30** 30 Rock. (PG) **1.50** Parks And Recreation. (PG) **2.15** News Update. **2.20** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **12.30** Turkish News. **1.00** PBS News. **1.55** Nigella Express. **2.25** Nigella Bites. **2.50** Living Black. **3.20** Who Were The Greeks? (PG) **4.30** This Is Greece With Michael Scott. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** News. **7.30** Railway Journeys UK. (PG) **8.05** Recipe For Life. (PG) **8.35** Running Wild With Ben Stiller. **9.35** Knightfall. (MA15+) **10.25** Ride Upon The Storm. (M) **11.35** SBS News. **12.05** Movie: Cesar Chavez. (M) (2014) **1.55** One Born Every Minute. (M) **2.50** One Born Every Minute. (M) **3.50** One Born Every Minute. (M) **4.45** SBS Flashback. **4.55** Destination Flavour: Singapore Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: The Round Up. (M) (2010) **2.15** Drunken Horse Racing. (M) **3.05** The War On Kids. (PG) **3.30** The Pizza Show. (PG) **4.00** The Mindy Project. (PG) **4.30** Woman With Gloria Steinem. (PG) **5.00** News. **5.25** If You Are The One. **6.40** MythBusters. **7.35** Brooklyn Nine-Nine. (PG) **8.00** Brooklyn Nine-Nine. (PG) **8.30** Full Frontal. (M) **9.00** The Trixie & Katya Show. (MA15+) **9.30** The Girlfriend Experience. (MA15+) **10.00** The Girlfriend Experience. (MA15+) **10.30** The Good Fight. (M) **11.30** The Good Fight. (M) **12.30** News. **1.00** Desus And Mero. (M) **1.25** Shot By Kern. (MA15+) **1.55** Bangladeshi Gang Rape. (M) **2.20** Deutsche Welle. **3.00** Thai News. **3.30** WorldWatch.

AUSTAR.

MOVIES
6.50pm Irrational Man (2015) Drama. Joaquin Phoenix, Emma Stone. (M) Masterpiece
8.30pm Sisters (2015) Comedy. Amy Poehler, Tina Fey. (MA15+) Premiere
10.30pm How To Be Single (2016) Comedy. Dakota Johnson, Rebel Wilson. (M) Premiere
GENERAL
8.30pm Tosh.0. Comedy Channel
9.30pm Brooklyn Nine-Nine. (M) Universal Channel

DOCUMENTARY
8.30pm The Detectives Club: New Orleans. (M) Crime & Investigation
9.30pm The Secret Life Of Brothers And Sisters. Lifestyle You
9.35pm Richard Hammond's Jungle Quest. (PG) BBC Knowledge

SPORT
9.45pm Alpine Skiing. World Championship. Men's Super-G. Eurosport
11.30pm Cricket. One-day International Series. South Africa v Sri Lanka. Game 4. Fox Sports 2

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0802

Discovery Drive Road Widening

NOTICE OF NIGHT WORK

Location: Discovery Dr and Memorial Dr Intersection



INTEGRITY • INNOVATION • PERFORMANCE

Re: Discovery Drive Road Widening Project

Please be advised that night work will be continuing on the Discovery Drive / Memorial Drive intersection until after the second week of February.

In order to minimise disruption to daytime traffic, it will be necessary to undertake works between the hours of 8pm and 5am. Where possible the noisiest operations will be completed before midnight, however it should be noted that works will continue throughout the night. Every effort will be made to keep general disturbance to a minimum. Thank you in advance for your understanding and cooperation.



WILLS & ESTATES



FAMILY LAW | INJURY LAW | WILLS & ESTATES | CONVEYANCING

ZANDE
LAW

Norwinn Centre
15 Discovery Drive
North Lakes
3385 0999
www.zandelaw.com.au

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.10** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Vet On The Hill. (PG) **8.30** Movie: Miss Congeniality 2: Armed And Fabulous. (M) (2005) Sandra Bullock, Regina King, William Shatner, Enrique Murciano. Against orders, an FBI agent goes undercover to rescue Miss USA and the pageant MC after they are kidnapped. **10.50** Married At First Sight. (PG) **12.20** Rizzoli & Isles. (M) **1.30** TV Shop: Home Shopping. **2.00** Living The Dream. (PG) **3.00** The Avengers. (PG) **4.00** Global Shop. **4.30** The Baron. (PG) **5.30** Good Morning America.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Best Ink. (M) **1.00** Dawson's Creek. (PG) **2.00** Steven Universe. (PG) **2.30** Regular Show. (PG) **3.00** Pokémon The Series: Sun & Moon. **3.30** Ninjago. (PG) **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Movie: Hoodwinked Too! Hood Vs Evil. (G) (2011) **7.40** Movie: Jack The Giant Slayer. (PG) (2013) **9.55** Movie: Conan The Barbarian. (MA15+) (2011) **12.05** WWE Smackdown. (MA15+) **1.05** Total Divas. (M) **2.00** The Crew. (PG) **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.00** Winter Olympics. PyeongChang 2018. Day 0. **3.30** Border Security. (PG) **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Joh meets Cameron Bolton and Lydia Lasilla. **8.30** PyeongChang 2018 Winter Olympics: Opening Ceremony. Coverage of the opening ceremony of the XXIII Olympic Winter Games from Pyeongchang, South Korea. **11.30** Winter Olympics: Highlights. A recap of the day's competition. **12.00** Aquarius. (M) Hodiaik and Shafe investigate a murder case amidst rising racial tensions. **1.00** The Great Outdoors. **2.00** Shopping. **4.00** The Great Outdoors. **5.00** NBC Today. News and current affairs.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** It's Academic. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Better Homes. **1.00** Catch Phrase. **2.00** Million Dollar Minute. **3.00** Last Chance Learners. (PG) **3.30** ICU. (PG) **4.00** Room For Improvement. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Air Crash Investigation. (PG) A look at the crash of Flash Airlines Flight 604. **8.30** Selling Houses Aust. **10.30** To Build Or Not To Build. **11.30** Bargain Hunt. (PG) **12.30** Room For Improvement. **1.00** Psychic TV. (M) **4.00** Million Dollar Minute. **5.00** Last Chance Learners. (PG) **5.30** ICU. (PG)

TEN

6.00 GCBC. **6.30** Alive And Cooking. **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** The Living Room. (PG) **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** The Living Room. Return. Lifestyle program, hosted by Amanda Keller, with co-hosts Grant Denyer, Jamie Durie and Miguel Maestre. **8.30** The Graham Norton Show. (M) Guests include Daisy Ridley, John Boyega, Gwendoline Christie and Mark Hamill. **9.30** To Be Advised. **10.30** To Be Advised. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** Jake And The Fatman. (PG) **10.00** Merv Hughes Fishing. (PG) **10.30** Hogan's Heroes. **11.00** Happy Days. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **10.30** Movie: Set Up. (MA15+) (2011) Bruce Willis, Ryan Phillippe, Jenna Dewan. **12.15** Home Shopping. **2.15** Jake And The Fatman. (PG) **3.10** Walker, Texas Ranger. (M) **5.00** Diagnosis Murder. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Meet The Mavericks. (M) **2.00** Call The Midwife. (M) Final. **3.10** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** Gardening Australia. **8.30** Vera. (M) **10.00** Griff's Great Britain. (PG) **10.25** ABC Late News. **10.55** Shaun Micallie's MAD AS HELL. (M) **11.25** Basketball. NBL. Round 18. Perth Wildcats v Cairns Taipans. From Perth Arena. **1.05** Rage. (MA15+) **5.00** Rage. (PG)

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Bon Appétit! Gérard Depardieu's Europe. (PG) **2.55** Made In Italy. **3.25** Poh's Kitchen. **3.55** Poh's Kitchen. **4.25** Royal Gardens On A Plate. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** News. **7.30** Human Planet. (PG) **8.30** 24 Hours In Emergency. (M) **9.30** Movie: Nightcrawler. (M) (2014) **11.45** SBS News. **12.10** Movie: Under The Skin. (2013) **2.05** Vikings. (M) **3.00** Vikings. (MA15+) **3.55** Vikings. (M) **4.45** Destination Flavour: Singapore Bitesize. (PG) **4.55** UK Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.



MOVIES
6.15pm **Spotlight** (2015) Drama. Mark Ruffalo, Rachel McAdams. (M) **Premiere**

8.30pm **The Revenant** (2016) Drama. Leonardo DiCaprio, Tom Hardy. (MA15+) **Premiere**

11.10pm **The Danish Girl** (2015) Drama. Eddie Redmayne, Alicia Vikander. (M) **Premiere**

GENERAL

7.30pm **Flipping San Diego**. (PG) A&E **8.30pm** **Vikings**. (MA15+) FX

9.40pm **Billy Connolly's Tracks Across America**. (PG) UKTV

DOCUMENTARY
7.30pm History's **Greatest Hoaxes**. (PG) History

9.30pm **World's Deadliest Drivers**. (M) Discovery Turbo

SPORT

6.00pm **Golf**. European PGA Tour. Maybank Championship Malaysia. First round. **Fox Sports 1**
7.30pm **Basketball**. NBL. Cairns Taipans v Adelaide 36ers. **Fox Sports 3**

0902

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



NORTHPINE
CHRISTIAN COLLEGE

*Centred in Christ
Dynamic in Direction
Strong in Service*

Phone: (07) 3204 6511
www.northpine.qld.edu.au
 29 Hughes Road East, Dakabin, QLD 4503

-  **Holistic Education**
-  **Childcare - Year 12**
-  **Dakabin, QLD 4503**
-  **Affordable Fee Structure**

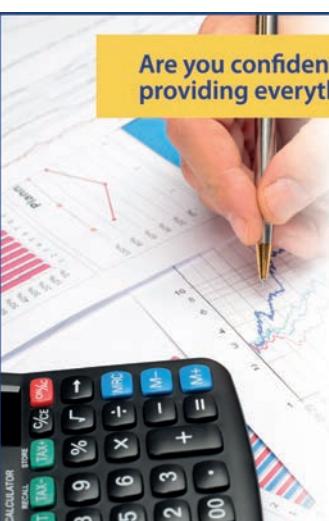
Call us for more information or to BOOK A TOUR

Pete's STEAM CLEANING

Steam Cleaning and Pest Control Services for private and rental properties.

Truck Mount Machine ensures the best quality and drying time.

Ph: 3888 2104 M: 0419 718 231



Are you confident your existing accountant is providing everything your business requires?

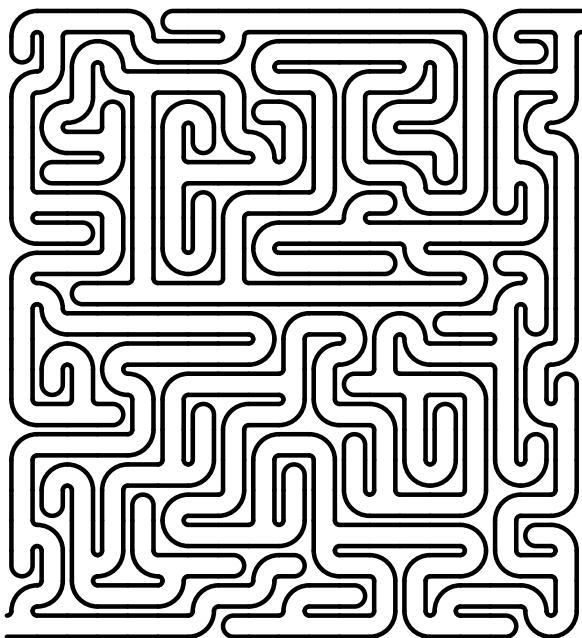
Our technology goes far beyond a simple calculator. Simple change means more change in your pocket. Mention this ad for a FREE CONSULTATION


BUSINESS RESULT ACCOUNTANTS PTY LTD
consultation@bizresult.com
3204 4000

SUDOKU

	2		4		3	6		1
				5				8
				2	6	3		
1		5	8					2
4		1		9		8		
8				3	7		4	
	4	6	9					
6				1				
5		7	3		2		1	

AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

P		A	P										
C	E	L	L	A	R	A	P	E	R	T	U	R	E
E	E	R				P	O	S	A				
T	R	O	P	I	C	M	E	N	S	W	E	A	R
A	N	S				A	P	R	N				
C	R	A	S	H	C	O	U	R	S	E			
E	R			R		A	R	B	S				
A	N	D	R	O	I	D	N	A	S	C	E	N	T
N	I	C	I	C			G	A					
C	O	N	G	E	L	A	T	I	O				
E	M	A	A			D	N		D				
P	L	E	A	S	U	R	E	G	O	A	N	N	A
I	A	I	I			R	E		R				
C	A	N	O	O	D	L	E	J	E	E	R	E	D
N	Y					D							

CROSSWORD 6503

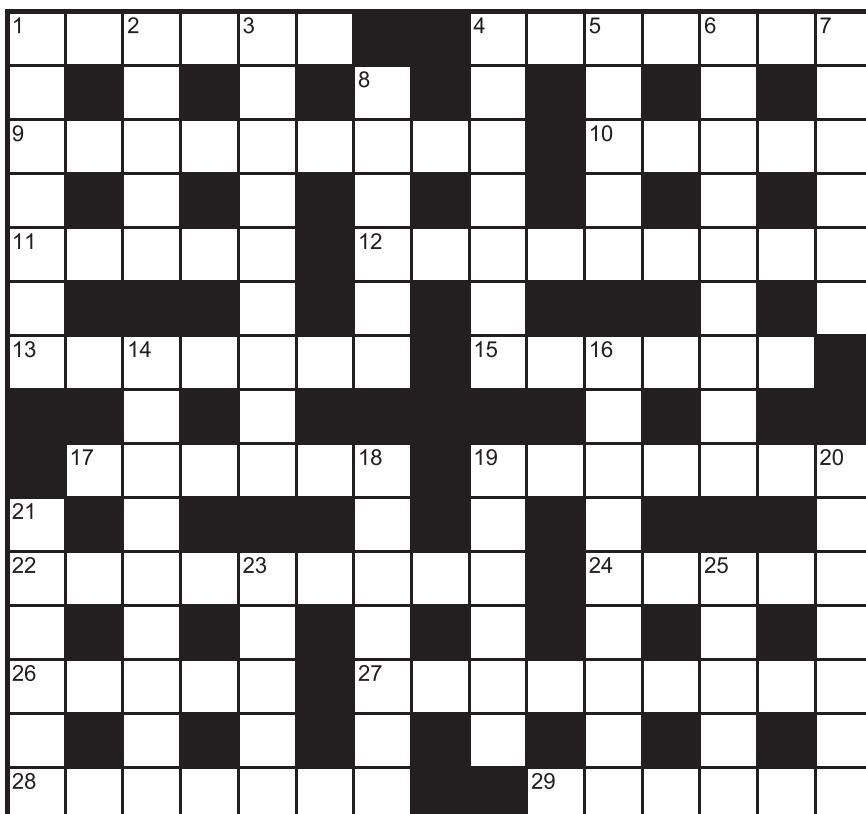
Handcrafted by "Local Hero" Laurie Stibbe with a fresh copy of Office 2010

ACROSS

- 1 Badtempered person
- 4 Intransigent
- 9 Prolonged
- 10 Conventional religious paintings
- 11 Presentation
- 12 Pouched animal
- 13 Abscess on the gums
- 15 Nothing at all
- 17 Poets who write odes
- 19 Stronghold for shelter in battle
- 22 Alter or hinder an action
- 24 Musical note - half a whole note
- 26 Happening at a given place
- 27 Full of eagerness
- 28 High-ranking naval officer
- 29 About to happen

DOWN

- 1 Young goose
- 2 Beginning or early stages
- 3 Strident
- 4 Fireplace support
- 5 French farewell
- 6 Got rid of
- 7 Scuffle
- 8 Beast
- 14 Halfway across a river
- 16 Final peremptory order
- 18 Exceptional
- 19 Scary
- 20 Small in range or scope
- 21 Movie theatre
- 23 Helicopter blade
- 25 Sibling's daughter



COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

www.northlakesmessenger.com.au

The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



FIRST HOME BUYERS BENEFITTING FROM STABLE MARKET

Housing finance figures released last week by the Australian Bureau of Statistics (ABS) show that first home buyers continue to steadily increase their presence in the housing market, according to the Real Estate Institute of Australia (REIA).

"The proportion of first home buyers, as part of the total owner-occupied housing finance commitments, increased to 18.0 per cent in November 2017, the highest proportion since October 2012", REIA President Malcolm Gunning said.

"The number of loans to first home buyers at 11,091 is the highest since December 2009 when the first home buyers boost, as part of the Government's response to the GFC, ceased.

"By contrast, the value of investment housing commitments decreased by 0.3 per cent in November in trend terms following falls in the previous ten months and is well down from its 2015 peak.

"Overall the figures for November 2017 show, in trend terms that the number of owner-occupied finance commitments increased by 0.1 per cent. If refinancing is excluded, in trend



terms, the number of owner-occupied finance commitments was flat following thirteen consecutive months of increases.

"In trend terms increases were recorded in Victoria, the Australian Capital Territory (ACT), South Australia and Queensland with the largest increase of 1.2 per cent in the ACT. Western Australia had the largest decrease of 1.4 per cent.

"In trend terms, the number of established

dwellings purchase commitments increased by 0.2 percent while new dwelling construction decreased by 0.7 per cent and the purchase of new dwellings increased by 0.5 per cent.

"It is pleasing to see the increased presence of first home buyers. The figures show that owner occupiers and first home buyers are responding to more stable conditions and, in the case of first home buyers, state government incentives," concluded Mr Gunning.



21 ALLENBY CLOSE, NORTH LAKES

- * Backing onto the North Lakes Golf Course
- * The best golf course views in North Lakes
- * Resort styled home in prime location
- * 3 large living zones
- * 4 beds + study / media
- * High spec finishes and ample storage
- * OFFERS OVER \$735,000

aqua
PROPERTIES

1300 AQUA SELL = 1300 278 273

5 / 5 McLennan Court, North Lakes

www.aqua.eview.com.au



Janelle Stratford-Evans
Ph: 0413 262 959

RayWhite.



Darren & Lisa Suhle 0400 197 529

A word from our clients...

22 Marsh Parade, North Lakes
Ben

"We had Darren Suhle recommended to us by our neighbours and were really happy. He had a great marketing plan which generated lots of interest online, and then good traffic at our open homes, resulting in a sale. The sale was smooth sailing and Darren was positive, and helpful throughout the process."

Darren & Lisa Suhle
0400 197 529
darren.suhle@raywhite.com

raywhitenorthlakesqld.com
raywhitemangohill.com

ELITE
PERFORMER 2017



Sold

18 Numbat Street, NORTH LAKES

4 2 2

SOLD by
Darren Suhle!

Thinking of Selling?
Darren Suhle

0400 197 529

raywhitenorthlakesqld.com | raywhitemangohill.com



Sold

18 Ringtail Street, NORTH LAKES

3 2 1

SOLD by
Darren Suhle!

Thinking of Selling?
Darren Suhle

0400 197 529

raywhitenorthlakesqld.com | raywhitemangohill.com



RayWhite

Sold

8 Conjola Street, NORTH LAKES

4 2 2

SOLD by Darren Suhle!

Thinking of Selling?
Darren Suhle

0400 197 529

raywhitenorthlakesqld.com | raywhitemangohill.com



RayWhite

Sold

9 Barron Place, JOYNER

4 2 2

SOLD by Troy Merker!

Thinking of Selling?
Troy Merker

0406 532 821

raywhitenorthlakesqld.com | raywhitemangohill.com



RayWhite

Sold

1 Trump Circuit, NORTH LAKES

5 3 2

SOLD by Hayley Stever!

Thinking of Selling?
Hayley Stever

0421 275 289

raywhitenorthlakesqld.com | raywhitemangohill.com



RayWhite

A word from our clients...

"Everything about this power couple is on point, the knowledge about the property & the area they had on the spot was excellent. Tony & Nadine were able to answer all our questions right then and there. The couple were very honest & not pushy at all like some agents that Myself & My wife have had in the past. Wilkie's organisation & availability was excellent, nothing was a hassle for them. We cannot wait to move into our new home in North Lakes."

Buyers - Jacob & Kat.

Tony & Nadine Wilkie
0406 861 210
tony.wilkie@raywhite.com

raywhitenorthlakesqld.com
raywhitemangohill.com





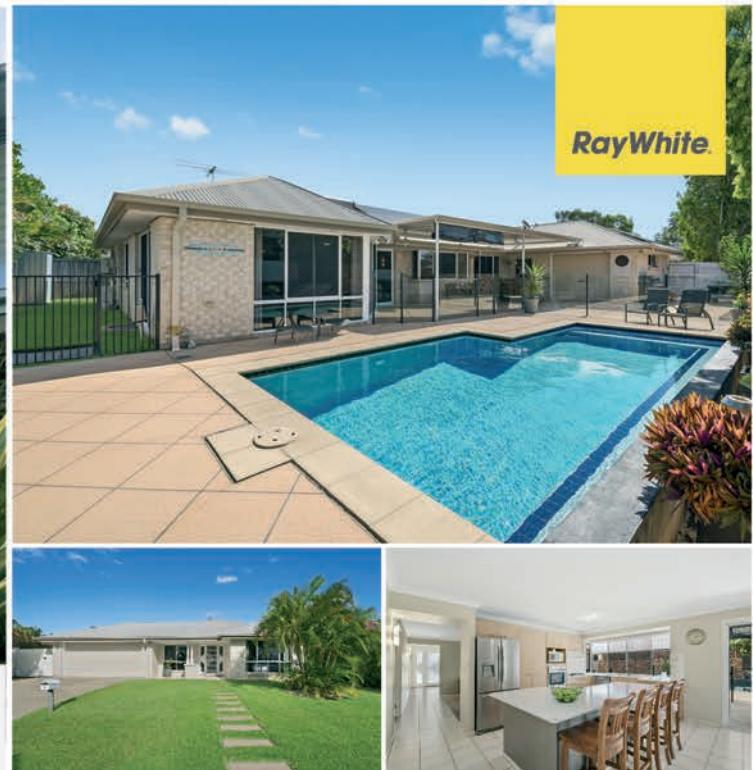
A word from our clients...

"Fantastic agent, highly recommend!"

"Alex went above and beyond my expectations of an agent. He was incredibly knowledgeable, communicative and accommodating in dealing with both my ex and I separately. In the end Alex worked hard on our behalf to achieve a higher than expected sale price. On top of being very professional, he is a positive proactive personality who's genuine and lovely to work with. I would recommend him to anyone 100%."

Seller - Amy.

Alex Silva
0415 584 349
alex.silva@raywhite.com
raywhitenorthlakesqld.com
raywhitemangohill.com



5 Petermann Drive, NORTH LAKES

4 2 2

Alex Silva
0415 584 349

- Massive Gourmet Kitchen with windows out to pool area
- Stunning resort style large salt water pool with stylish glass fencing
- Large formal lounge & second living area with doors to rear grassed area

raywhitenorthlakesqld.com | raywhitemangohill.com



29 Williams Crescent, NORTH LAKES

4 3 2

Sold



15 Magnetic Terrace, NORTH LAKES

4 2 2

Sold

SOLD by Alex Silva!

Thinking of Selling?

Alex Silva

0415 584 349

raywhitenorthlakesqld.com | raywhitemangohill.com

SOLD by Alex Silva!

Thinking of Selling?

Alex Silva

0415 584 349

raywhitenorthlakesqld.com | raywhitemangohill.com

bowmaker

REALTY

insertyouraddress.com

FOR SALE

VIEW OUR OPEN HOME TIMES AT: bopenhomes.com.au



28cairnsroad.com

28 CAIRNS ROAD, GRIFFIN



EXCLUSIVE MARKETING AGENT

GEORGE "PATCH" PATSAVOURAS

Property Consultant

1300 BOWMAKER | bowmaker.tv/george

george@bowmakerrealty.com.au



11lomondstreet.com

11 LOMOND STREET, NORTH LAKES



EXCLUSIVE MARKETING AGENT

GEORGE "PATCH" PATSAVOURAS

Property Consultant

1300 BOWMAKER | bowmaker.tv/george

george@bowmakerrealty.com.au



bowmakerrealty.com.au



@bowmaker_realty



/bowmakerrealty



bowmaker.tv



07 3480 5366



You can trust...

An agent that is
family focused

Let **our family**
look after **yours**.

Steve McDade
0430 341 688

TRADES & SERVICES DIRECTORY

ADVERTISING/DESIGN/PRINT

advanced adsignz

Specialising In Large Format Digital Printing

Your local One-Stop Sign Shop

Design | Retail & Commercial Signage | Corflutes | Pull Up Banners
Light Boxes | LED Lettering and much more...

adsignz.com.au 1300 300 608

ALTERATIONS

April's Customised Clothing ABN: 11 822 902 462

Need fast reliable Alterations?

Call April 0419 433 607

After Hours Service Free Pick Up & Delivery in North Lakes

CARPET CLEANING

Carpet Cleaning available now!

V.I.P
13 26 13
viphomeservices.com.au

Call now!
Trade licenced.
Sustainable
carpet cleaning

Ready Cleaning Services

SPECIAL OFFER
Present this ad to receive
3 Rooms for \$95*
Conditions apply

Local Carpet Steam Cleaning & much more
Free quote call 0404 001 761
www.readycleaning.com.au

CLEANING

We Clean Ovens

...so you don't have to!



oven
Oven Cleaning & Detailing Service

- \$10 OFF WITH THIS ADVERT
- Our professional oven cleaner will restore your oven to show room condition
- We remove the fan and back panel for a complete professional clean
- We take the door off, split the glass to remove any streaks
- Our solutions are safe, caustic free and bio degradable
- We return your oven to showroom condition
- We also clean BBQs, cooktops & rangehoods

CALL TODAY 1300 683 681

www.ovenu.com.au

enquiries@ovenu.com.au

COMPUTER SERVICES



ONSITE COMPUTER REPAIR
Fix All PC and Mac Problems
www.fixyourcomputers.com.au
Ph: 0432 388 832



ONE PLACE TO
FIND ALL YOUR
EXPERT NEEDS!

CONCRETING

NORTHSIDE CONCRETING

- ◆ Driveways ◆ Paths ◆ Shed Slabs ◆ Exposed
No job too small FREE QUOTES
0411 647 800
- Work under
3,300 only

ELECTRICAL

Electrician

- Domestic lighting & power
- Air Conditioning
- Home Automation
- 24hr service
- Design & wire new houses
- LED lighting upgrades
- Renovations & rewires

Loadstar
Your trusted local electrician

MASTER ELECTRICIANS
Elec Lic No - 78872

Ph: 0405 264 898
www.loadstar.com.au



ELECTRICIAN 0477 926 366

Cheap prices Quality work
ALL AREAS - FREE QUOTES

Elec Lic: PGE 207.371

HANDYMAN/MAINTENANCE

Impressive Building Services

QBCC Build Lic. 1117978

- General property repairs and maintenance
- Additions and extensions
- Bathroom and kitchen renovations
- Decking and pergolas
- General carpentry work
- Emergency repairs
- Painting
- Free quotes

Ph. 0474 641 691

impressivebuildingservices@outlook.com

SKIP-IT
ENVIRONMENTAL SERVICES

Find us on Facebook

Skips At Competitive Rates/Local Family Business
1300 659 660 www.skip-it.com.au

ALASTAIR THE HANDYMAN

Affordable and trustworthy.
Painting, plastering, window cleaning, Splashbacks & kitchen upgrades. IKEA flat packs, tiling, new doors & locks.
0459 326 044

Home Maintenance
All Aspects of Handyman Jobs

Call 0473 304 243

ABN - 91 77 02 99 045 (no jobs over \$3500)



**Handyman
Bill**

Retired Builder, Carpentry and Security, No jobs too small

Ph 0439 772 661

Jobs under \$3,000 only

HOME IMPROVEMENTS



Beauty Home Blinds

Blinds, Shutters, Beauty home deco

www.facebook.com/group/beautyhomeblinds

New Blinds & Shutters Sales : Factory Direct Prices

Blinds Installations & Repairs : No Job Too Small

GRAND OPENING MASSIVE SALE! (UP TO 50%)

Lowest Price Guaranteed (Blinds) from \$990+GST for 3 Bed 2 Bath

0408 011 021 (Danny) : Free Quotes & Available After Hours

Lakes

Home & Property Maintenance

- *Plumbing *Drainage *Roof & Gutter Cleaning
- *Complete Landscaping & Gardening
- *Water Tank Installation *Driveway Cleaning *Lawnmowing

24 Hour Quick Service • Free Quotes

CALL DENESH 0434 586 667

ROOF REPAIRS

Leaks / Re-bed / Point / Change broken tiles

Pressure cleaning (roofs, driveways, patios)

Solar panel cleaning / Whirly birds

Roof inspections / Gutters cleaned

Honest & reliable Josh : 0414 365 475

Jobs under
\$3300
only



LAWN MOWING

Matt's Mowing

& Gardening Solutions

• Let us care for all your gardening needs •

Call Matt on 0438 297 464

ABN: 11 512 613 828

matts_mowing@bigpond.com

PEST

GOTCHA Pest Control

PMT 13907 & QBCC 1314207
FAMILY OWNED & OPERATED

PRE-PURCHASE TIMBER PEST INSPECTIONS

TERMITIC INSPECTIONS & TREATMENTS

GENERAL PEST CONTROL

Call Dave Rodwell on 0433 810 166

E: rodwell.dave@yahoo.com.au

FOR ALL YOUR PEST CONTROL NEEDS

Hi-Tech
PEST MANAGEMENT

DUSTIN WRIGHT

0400 006 942 3283 5248

Lic No. 12594

**Whether you have a job
that's BIG or small, you'll
find the right person
for your needs here!**

PETS

CRACKERJACK HOME AND PET CARE
PET MINDING
CARING FOR ALL DOMESTIC PETS
We cover the entire North Brisbane area
For a free quote call 0432 052 882
www.crackerjackpetcare.com.au

PLUMBING

Lakeside Plumbing QLD
Your friendly local North Lakes Plumbers
✓ CCTV camera drain inspections ✓ No call out fee for North Lakes & Mango Hill residents
✓ Hydro jetting, drain blockage clearing ✓ Free quotes
✓ Taps, Toilets, Hot water, Leaks
✓ Rainwater tank / pump repairs

Steve: 0468 346 006
admin@lakesideplumbingqld.com

Mention this ad to receive 10% discount
24/7 DAY SERVICE
BSA: 1165842

POOLS

Need it done, Jim's the one!

Jim's Pool Care
Mobile Pool Shops

- Energy saving pool pumps
- NEW salt chlorinators
- Sand and cartridge filters
- Robotic pool cleaners
- FREE onsite quotes

Call us today **131 546**

cleaning • maintenance • equipment • sales
installations • repairs • heating • blankets • training

FCA  

Pool Busters
Complete Pool And Spa Care
Free Quotes
Technical Advice
12 years experience

Equipment Sales and Installation
Pool and Spa Cleaning
Steve: 0431204928 Green Pool Clean Ups

email steve@poolbusters.com.au
www.poolbusters.com.au

Royal Pool Care
The clearest of them all

**MOBILE POOL SERVICE,
MAINTENANCE & REPAIRS**

CALL Mitchell on **M 0410 139 525**
WE COME TO YOU

TV/ANTENNA/CABLE/VIDEO

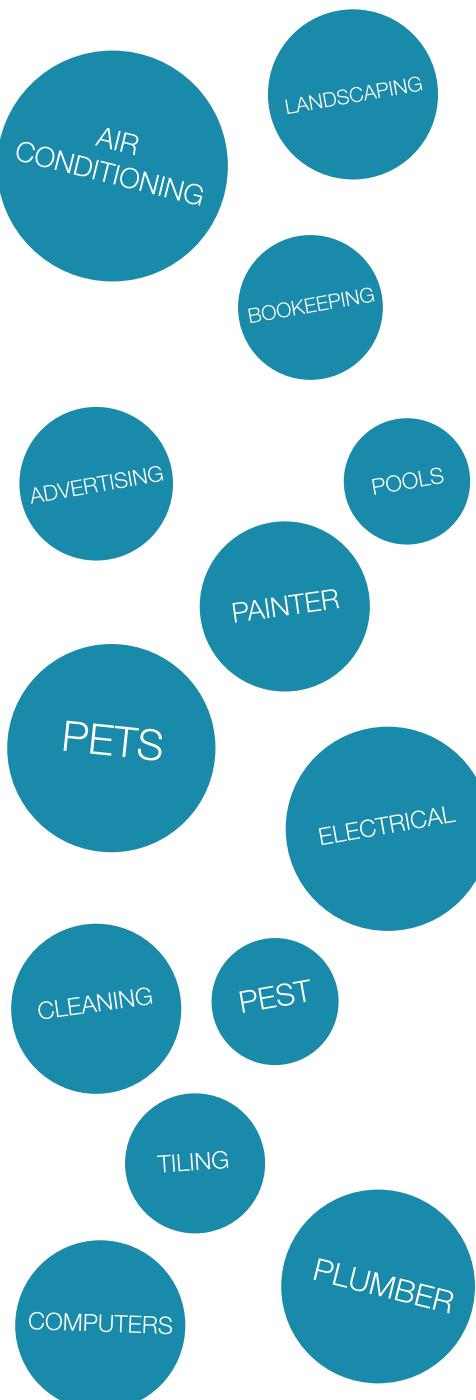
Do you need a new TV antenna?

TV SOLUTIONS
Home Technology Made Easy

Antennas, TV & Home Theatre Installations, Reception Problems & Digital Tuning, Streaming, Extra TV Outlets, Data & Phone Outlets and MORE!

CALL FOR A FREE QUOTE
0418-888-649

www.tvsolutions.com.au | contact@tvsolutions.com.au



For over a decade, The Messenger has been your source of trusted businesses who service our local community.

When you're looking for the right expert for whatever job you need done, our Trades & Services Directory is the place to find them!

Trades & Services Directory Pricing

Large colour: **\$366** inc GST

Large b/w: **\$266** inc GST

Small colour: **\$233** inc GST

Small b/w: **\$133** inc GST

**Each price includes
1 ad placed once a
week for 10 weeks**





**SAVE UP TO
10%**

ON SELECTED AEG KITCHEN APPLIANCES^{*1}

5% OFF WHEN YOU SPEND \$5,000
7.5% OFF WHEN YOU SPEND \$7,500
10% OFF WHEN YOU SPEND \$10,000
ON SELECTED AEG APPLIANCES
IN ONE TRANSACTION^{*1}

AEG

Harvey Norman®
SHOP with CONFIDENCE

ROTHWELL

439-443 ANZAC AVENUE,

CALL 3897 8800 OR VISIT HARVEYNORMAN.COM.AU

Harvey Norman® stores are operated by independent franchisees. Ends 31/12/18.

*1. Offer only applies to new customer purchases of \$5000 or more made between 01/01/18 and 31/12/18 and paid in full in one transaction. No split deliveries allowed. Spend \$5,000 - \$7,499 on Participating Products and receive 5% off; Spend \$7,500 - \$9,999 on Participating Products and receive 7.5% off; Spend \$10,000 or over on Participating Products and receive 10% off. Offer does not apply to damaged, display, ex-display or run-out models. Terms and conditions apply, see in store for details.

372268_RTH